

Wellbeing and Mental Health Recommended Support Links

Local Support

In Surrey, there are a range of organisations and groups offering support, including the **CAMHS partnership**, a group of providers specialising in children and young

people's mental health wellbeing. These partners deliver accessible support to children, young people and their families, whilst working with professionals to reduce the range of mental health issues through prevention, intervention, training and participation. <https://www.mindworks-surrey.org/>

CYP Have Drop Ins and Virtual Services

The havens are safe places for young people to go and talk about their worries and mental health in a confidential, friendly and supportive environment. The service is a drop-in so there is no need to phone first or make an appointment; you can simply turn up during our opening times. Any young person aged between 10-18 years can visit so long as you are in need of emotional support or concerned about how you are feeling.

The havens have a number of professionals who work there including a youth worker, a User Voice Participation team member and a member of the Surrey Wellbeing Partnership team. Our local haven is based in Guildford town centre, opening times Monday and Wednesday, 3:30pm to 7:00pm; The Discovery Centre, 7 Ward Street, Guildford, Surrey GU1 4LH, Telephone 01483 519436 To find out more visit the CYP Haven website

[Catch 22](#) - Helps and supports young people aged between 11-21 (up to 24 for care leavers and 25 for young people with disabilities), affected by problems caused by drug and alcohol.

[Surrey Care Trust](#) - Helps young people in Surrey aged 11-18 and/or families with children aged 5-19, who are struggling to cope for any reason through one-to-one mentoring.

[Jigsaw, South East](#) - Offers support to young people if you live in Surrey and have been bereaved or are facing the loss of a loved one.

[Extended Hope](#) from Mindworks Surrey In the case of a mental health crisis, please contact Extended Hope. The service is available for young people over the age of 11, and operates between 5pm to 11pm, 7 days a week. Call the Emergency Duty Team on [01483 517898](tel:01483517898)

[Twister, LGBTQ+ youth group](#) - A safe space where young people age 13-19 (25 with additional needs) can meet to get support, make friends and take part in fun activities

[Youth Counselling Service](#) - Free and confidential one-to-one counselling for people aged 12 to 24 years for young people in West Surrey. Telephone: [0345 600 2516](tel:03456002516)

National Support

[ChildLine](#) - A free and confidential support service for children and young people, providing help and advice on a wide range of issues. Telephone: [0800 1111](tel:08001111)

[Kooth](#) - Online mental wellbeing community offers free, safe and anonymous support and 24/7 access to self-help materials and daily online counselling available

[Lucy Rayner Foundation](#) - Offers support if you have been bereaved by suicide, as well as one-to-one counselling on a range of mental health conditions such as depression, anxiety, eating disorders, low self-esteem, anger, or difficult life events, such as bereavement, relationship breakdown or work-related stress.

[MIND](#) - National charity providing advice and support to empower anyone experiencing a mental health problem. Also campaigning to improve services, raise awareness and promote understanding.

[National Autistic Society](#) - The UK's leading charity for people on the autism spectrum and their families. Providing support, guidance and advice, as well as campaigning for improved rights, services and opportunities to help create a society that works for autistic people.

Open House Counselling @ Guildford YMCA Free counselling for young people. Telephone: [07932 047778](tel:07932047778) Email: mcharisson@guildfordymca.org.uk

[Outline](#) - Provides support to people with their sexuality and gender identity, including but not limited to the lesbian, gay, bi-sexual and trans community of Surrey, primarily through their helpline 01483 727667, live chat facility on their website and support groups.

[Papyrus](#) - A charity working for the prevention of young suicide (under 35s) in the UK. They provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through their helpline, HOPELINEUK.

[Samaritans](#) - A 24-hour service offering confidential emotional support to anyone who is in crisis. Helpline: [0845 790 9090](tel:08457909090)

[The Mix](#) - Information and advice for young people.