If you would like this information in Braille, large type, in another format or in enother language, please ask a member of staff. (English)

Bu bligfieri büyük yazı tipinde Kürler Aflabesinde, beşke bir bişimde ye de beşke bir dilde okumak isterseniz lütfen bir görevliye danışın. (Turkleh)

Nësa këtë informacion do a dëshironit në Braille, font më të madh, në format tjetër apogjuhë tjetër, ju lutem pyesni një anëtar të parsonalit. (Albanian)

Se desejar obter esta informação em Braille, num tipo de letra maior, noutro formato ou noutro idioma, por favor paça a um membro do passoal. (Portuguesa)

আপনি কৰি কৰি তথ্যতি জনৈতে, বৰু কজন, কৰা কৰতাটো বা কৰা কৰিছে লোকে চান, অনুষ্ঠ্য কজে, চলান কৰিছে কা বসুনা (Bangall)

در صورت آمایل به دریافت نسته این اوز این اطالاهات به صورت بریله به چف درفت، یا به فرمت یا زیانی دیگره اطلاع غرفت غرد را به یکی از کارکتان ما صارح کنید (Fare)

Jeśli cholelby Państwo uzyakać niniejszą informację zapisaną w silabecie Bralle's, dużą czcionką, w innym formacie lub w innym języku, prosimy zwrócić się w tej sprawie do członka personelu. (Polith)

Si vous souhailez obtenir des informations en gros paractines Brei ou dans une autre langue, vouillez le demander à un membre de l'équipe. (French)

டுங்கள் இந்த தகவலை ப்ரெய்க், பெரிய எருந்துக்கள், வேறு ஃபரிவட் அல்லது வேறு. மோதியில் பெற விகும்கோல், ஊரியரியம் தேருங்கள், (Tamil)

إذا أردت المسول على هذه السلومات بطريقة يرايل، أو يحروف كبيرك أو يستنية أو تفاة أخرى، يرجى طلب ذلك من أحد أصداء فريق الصل (Arabic)

Если вы хотите получить эту инфрормецию на языке Брайля, напечатенную крупным шрифтом, в другом формата или на другом лаыва, пожилуйств, обратитесь в любому сотруднику. (Russian)

NELFT provides community and mental health services for people of all ages in Essex and the London boroughs of Barking & Dagenham, Barnet, Havering, Redbridge and Waltham Forest, as well as Kent and Medway.

NELFT NHS Foundation Trust CEME Centre – West Wing, Marsh Way, Rainham, Essex RM13 8GQ.

Tel: 0300 555 1200 www.nelft.nhs.uk

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Southend, **Essex and Thurrock Child and Adolescent Mental Health Service** www.nelft.nhs.uk



 The Southend, Essex and Thurrock Child and Adolescents Mental Health Service (SET CAMHS) provides advice and support to children, young people and families who are in need of support with their emotional wellbeing or mental health difficulties.

NELFT works in partnership with HCRG Care Group to deliver this service.

- The service covers Southend, Essex and Thurrock and is open to young people between the ages of 0-18 (or up to 25 with special educational needs).
- Any child or young person
   experiencing mental health
   difficulties as well as any parent,
   guardian or professional can access
   the service for help and guidance.
- SET CAMHS is based on the Thrive Framework, which is needs-led, outcomes-focused and works in partnership with young people and families through shared decision-making to be accessible, use common language, reduce stigma and be proactive in helping communities to support mental health and wellbeing.





Scan here to find out more about THRIVE

#### How to contact the service

To contact the service between the hours of 9am-5pm, Monday to Friday, you or someone on your behalf can:

Call SET CAMHS: 0800 953 0222

For out of hours contact Mental Health Direct: 0800 995 1000

Email: set-camhs.referrals@nelft.nhs.uk

Visit: https://www.nelft.nhs.uk/set-camhs

# When the service can help

Everyone goes through ups and downs, but sometimes feelings or behaviours can start to get in the way of day-to-day living. When this happens, it might be time to seek some help.

We can support people with a range of mental health difficulties faced by young people, which can include:

- Low mood
- Anxiety
- Obsessional thoughts
- Self-harm
- Sleep problems

- Body image and eating difficulties
- Behavioural and emotional difficulties
- Trauma and loss
- Parenting and family difficulties

These are some of the things we can help you with. If we feel SET CAMHS is not right to help your particular need, then we can put you in contact with a number of different organisations.

In the first instance SET-CAMHS are looking to promote the use of early intervention services, which may include psychoeducation, talking therapies, mentoring or support as recommended within the National Institute of Clinical Excellence Guidelines. There are a variety of local resources external to SET-CAMHS which provide a range of supportive interventions which may be recommended to you.

# What the service can do A journey through the service SET CAMHS offer a range of both individual and Waiting times may vary but we aim to see people within 12 weeks group talking therapies such as: However, if you find that things become more • CBT (Cognitive Behavioural therapy) stressful while you are waiting to be seen, contact us as soon as possible so we are • DBT (Dialectical Behavioural therapy) able to provide support. • Trauma-focused therapies Play based therapies Counselling Art and creative therapies Referral Referral Psycho-dynamic therapy to other Access (SPA) e.g. self-referral services Family therapy or GP Group Therapy Medication First **Appointment** Support from SET **CAMHS** Review Moving on





Our **Instagram** account aims to help us better support and communicate with young people who might be struggling with their mental health or wellbeing. All the content is coproduced with young people and covers a range of topics including information about specific mental health difficulties, ways to practice self-care and useful resources to get involved with at home.

"We want to raise awareness and understanding of a wide range of wellbeing challenges and empower young people to feel more in control of their own mental health."

# Participation/feedback

- We like to receive feedback on the service so we can improve and provide the best experience and care for young people.
- If you would like to give feedback on your experience with the service, we run monthly groups for young people to attend and give their opinions.
- If you are interested please speak to your local Hub team to find details of a participation group near you.
- You can also email the patient experience team: involvement@nelft.nhs.uk

Find us on Instagram @SET\_CAMHS\_NHS

**Scan the QR code** to visit our Instagram page



**Kooth:** is an online mental health service for children and young people which offers online counselling and emotional-wellbeing support.



MindEd: is an online service for parents and professionals for help, advice and support from experts.

### **Hub localities**

West Essex

Castle Point and Rochford

Thurrock

Southend

Mid Essex

**Basildon and Brentwood** 

North East Essex

**Eating Disorders Team** (across all areas)

> **Learning Disabilities Team** (across all regions)





