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

Bu bilgileri büyük yazı tipinde Körler Alfabesinde, başka bir biçimde ya da başka bir dilde okumak isterseniz lütfen bir görevliye danışın. (Turkish)

Nëse këtë informacion do e dëshironit në Braille, font më të madh, në format tjetër apo gjuhë tjetër, ju lutem pyesni një anëtar të personelit. (Albanian)

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

আপনি যদি এই তথ্যটি ব্রেইলে, বড় হরফে, অন্য ফরম্যাটে বা অন্য ভাষাতে পেতে চান, অনুগ্রহ করে, কোন কর্মীকে তা বলুন। (Bengali)

در صورت تمایل به دریافت نسخه‌ای از این اطلاعات به صورت بریل، با چاپ درشت، یا به فرمت یا زبانی دیگر، لطفاً درخواست خود را با یکی از کارکنان ما مطرح کنید. (Farsi)

Jeśli chcieliby Państwo uzyskać niniejszą informację zapisaną w alfabecie Braille'a, dużą czcionką, w innym formacie lub w innym języku, prosimy zwrócić się w tej sprawie do członka personelu. (Polish)

Si vous souhaitez obtenir ces informations en gros caractères Braï ou dans une autre langue, veuillez le demander à un membre de l'équipe. (French)

நீங்கள் இந்த தகவலை ப்ரெய்ல், பெரிய எழுத்துக்கள், வேறு ஃபார்மட் அல்லது வேறு மொழியில் பெற விரும்பினால், ஊழியரிடம் கேளுங்கள். (Tamil)

إذا أردت الحصول على هذه المعلومات بطريقة برايل، أو بحروف كبيرة، أو بصغية أو لغة أخرى، يرجى طلب ذلك من أحد أعضاء فريق العمل. (Arabic)

Если вы хотите получить эту инфрормацию на языке Брайля, напечатанную крупным шрифтом, в другом формате или на другом языке, пожалуйста, обратитесь к 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.

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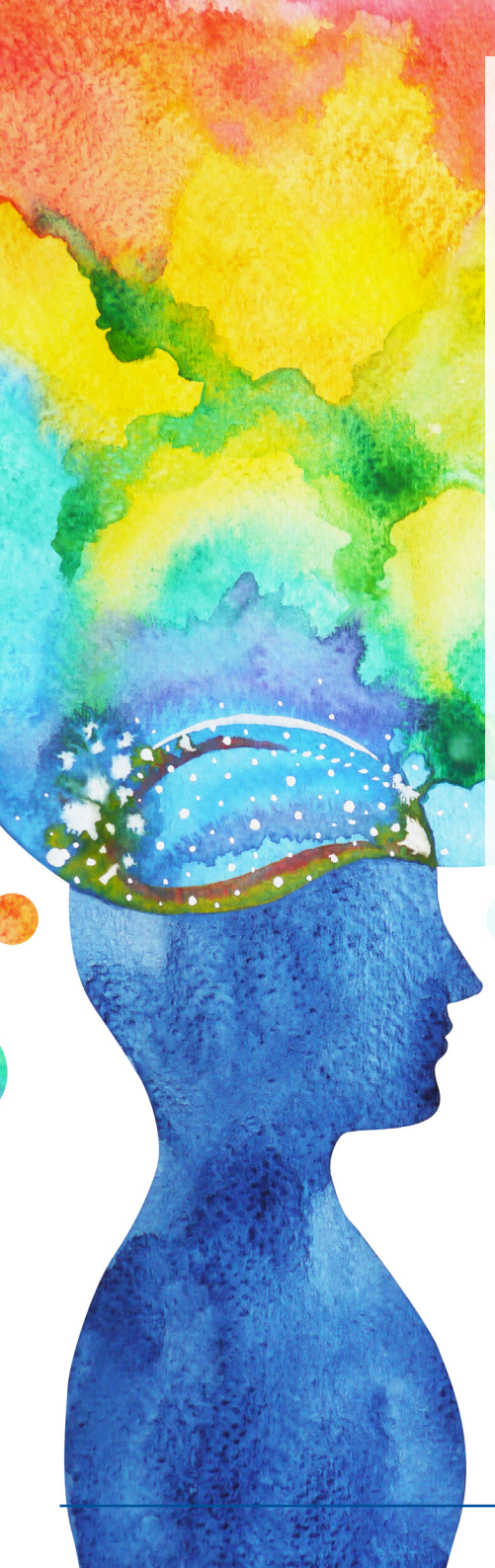


- **The Southend, Essex and Thurrock Child and Adolescents Mental Health Service (SET CAMHS)** provides advice and support to children, young people and families who are in need of support with their emotional wellbeing or mental health difficulties.

  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**

If you need urgent help or out of hours advice:

Call NELFT out of hours: **0300 555 1000**

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.

What the service can do

SET CAMHS offer a range of both individual and group talking therapies such as:

- CBT (Cognitive Behavioural therapy)
- DBT (Dialectical Behavioural therapy)
- Trauma-focused therapies
- Play based therapies
- Counselling
- Art and creative therapies
- Psycho-dynamic therapy
- Family therapy
- Group Therapy
- Medication

A journey through the service

Waiting times may vary but we aim to see people within 12 weeks

However, if you find that things become more stressful while you are waiting to be seen, contact us as soon as possible so we are able to provide support.

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 co-produced 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."

Find us on Instagram **@SET_CAMHS_NHS**

Scan the QR code to visit our Instagram page

SilverCloud: Silvercloud is an online platform that offers secure and immediate access to online supported CBT (Cognitive Behavioural Therapy) programmes.

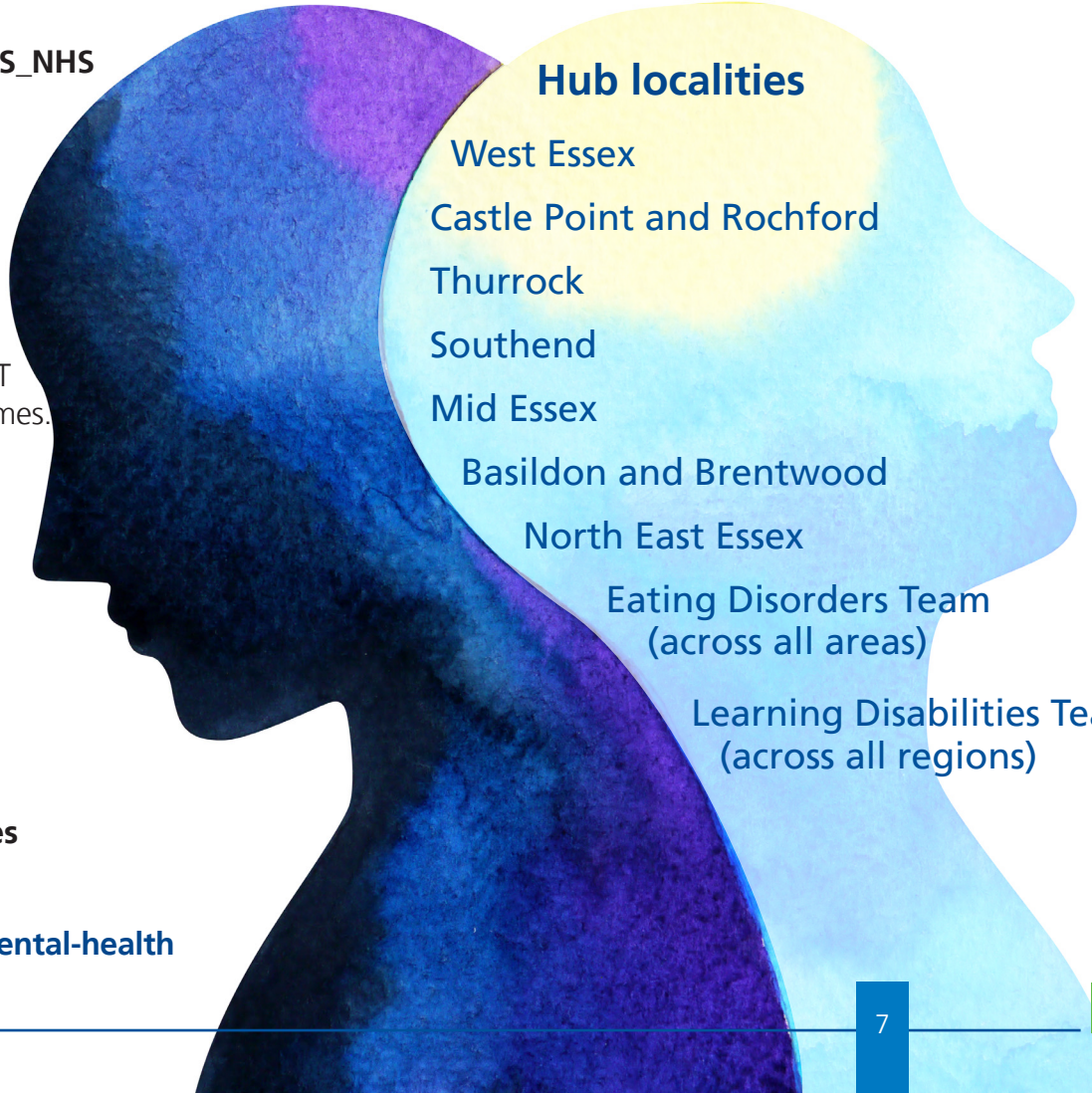
Kooth: is an online mental health service for children and young people which offers online counselling and emotional-wellbeing support.

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

For a full list of online self-help services visit the website link or the QR code for the NHS library
www.nhs.uk/apps-library/category/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**



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)