






Early Help Mental Health and Wellbeing Support for Young People in Southwark

Service	CHILDREN'S WELLBEING PRACTITIONERS	SOUTHWARK SCHOOL NURSING SERVICE	THE NEST	KOOTH	FAMILY EARLY HELP
					
Criteria for Using Service					
Self-Referral		✓	✓	✓	✓
Professional Referral	✓	✓	✓	✓	✓
Age of client					
3-4	✓				✓
5-9	✓	✓			✓
10	✓	✓		✓	✓
11-18	✓	✓	✓	✓	✓
19-25			✓	✓	
Living or at school in					
Southwark	✓	✓	✓	✓	✓
Lambeth		✓		✓	
What the Service Offers					
Information, Advice & Guidance	✓	✓	✓	✓	
Contact Options					
Face to face	✓	✓	✓		✓
Phone	✓	✓	✓		✓
Video link		✓	✓		✓
Web or Text Chat		✓	✓	✓	
Support Offer	<ul style="list-style-type: none"> • 1:2:1 guided self-help for 8 weeks based on CBT principles • Sessions for parents where useful. • CBT skills and psychoeducation workshops for young people, parents & teachers. 	<ul style="list-style-type: none"> • Drop-ins based in schools or health centres. • Appointments to discuss concerns in more depth & explore support with other services. • Healthy lifestyle and relationship advice plus C-Card scheme. 	<ul style="list-style-type: none"> • 1:2:1 support for 6-12 weeks with a therapeutic team or wellbeing coaches 	<ul style="list-style-type: none"> • Drop in online chat function with qualified psychotherapists. • Booked 1:2:1 counselling sessions. • Group chats and themed message forums 	<ul style="list-style-type: none"> • Whole Family Support • Parenting Programmes • Children and Family Centres
Hours	Mon-Fri 09:00 - 17:00	Mon-Fri 09:00 - 17:00	Mon-Fri 12:00 - 18:00	Mon-Fri 12:00 - 22:00 Sat & Sun 18:00 - 22:00	Mon-Fri 09:00-17:00 Evening visits available for families
Contact	www.slam.nhs.uk 020 3228 7777	www.evelinalondon.nhs.uk/our-services/community/school-nursing-service 020 3049 4777	www.thenestsouthwark.org.uk 020 8138 1805	www.kooth.com 020 3984 9337	www.southwark.gov.uk/childcare-and-parenting/children-s-social-care/family-early-help-feh 020 7525 1922