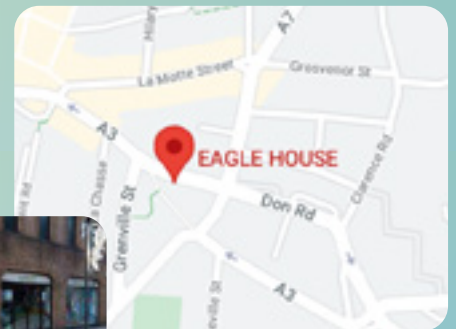


# Drop-in support service for children and young people's mental health and wellbeing

Children, young people, parents & carers can drop in to speak to a mental health practitioner or counsellor for a free, informal, confidential chat

**Youth Wellbeing Drop-In**  
**Every Saturday, 10am - 6pm**  
**The Link, Eagle House**

For a list of other services, please see reverse.



# Support Services for Children, Young People and Families



## Children and Families Hub

Information, advice and support for families and young people

Call: 519000 or email [childrenandfamilieshub@gov.je](mailto:childrenandfamilieshub@gov.je)  
Monday to Friday 9-5pm

## Child and Adolescent Mental Health Service (CAMHS)

CAMHS is a mental health assessment and therapeutic service for children and young people, aged 5-18, and their families.

Referrals to CAMHS are via the **Children and Families Hub** – you can also contact the hub to speak with a mental health practitioner

## The YES project (Youth Enquiry Service)



Counselling for ages 13-25  
Freephone: 0800 7350 010  
or visit [yes.je](http://yes.je)

## Mind Jersey

Mental Health Charity  
Freephone: 0800 7359 404  
or visit [mindjersey.org](http://mindjersey.org)

## Kooth Jersey



Online counselling and support for ages 10-25  
Visit [kooth.com](http://kooth.com) and "choose Jersey"



## NSPCC: Seeking Solutions

The NSPCC provide a service called Seeking Solutions at the Gower Centre in town for children and young people aged 7 to 18. This helps with problems such as: relationships, bullying and managing anxiety.

Young people can self-refer.

Telephone: +44 (0) 1534 760800  
Located at **The Gower Centre in Stopford Road, St Helier**



## Childline

An out of hours resource that children and young people can access

Freephone: 0800 1111  
or visit [childline.org.uk](http://childline.org.uk)



## Samaritans Jersey

116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)

## School-Based Counsellors

Available in most secondary schools  
Visit [gov.je/cypmentalhealth](http://gov.je/cypmentalhealth)

For a full list of support available scan here:



## Out of Hours Mental Health Support

For urgent help call the Emergency Department on 442264 or 999 in an emergency