

CAMHS ADVICE

Web based self-help tools and advice:



Greenwich and Bexley:

In conjunction with Young People we have developed a web based programme called Headscape. This has information, tips and advice and helpful things to download; here's how to access it:

<http://headscapebexley.co.uk/>

Other websites and apps that you can download or use on your smart phone or tablets that you might find helpful are:

Calm- <https://www.calm.com/>

Headspace- Mindfulness and Relaxation

Mindshift

Minded-Mindfulness and Relaxation

Calmharm app

Other useful contacts if feeling distressed are:

www.youngminds.org

www.bullying.co.uk

www.childline.org.uk

www.samaritans.org

Your local GP

Bexley CAMHS

Tel: 0203 260 5200

Park Crescent, Erith, Kent, DA8 3EE.

YoungMinds Crisis Messenger service provides free 24/7 crisis support across the UK.

If you are experiencing a mental health crisis you can text YM to 85258

Information and advice

Bullying UK (advice parents and schools)

Tel: 0800 1111

Tel: 116 123 (free)

South London Partnership CAMHS Crisis Line:

0203 228 5980 (Operating between: 5pm-11pm Weekdays and 9am-11pm Weekends)

Oxleas Crisis Line:

0800 330 8590 (24/7 advice and support)