

Emotional Health and Wellbeing of children and young people (CYP) is a growing concern nationally. In Merton, we are keen to continue to support our CYP over the holiday period.

If your child has a mental health emergency, contact the Crisis Duty line: [Crisis+Duty+Line+Information.pdf \(squarespace.com\)](#)

If you are concerned about an immediate risk of physical harm, call 999 or go to A&E

Weekend, holidays and out of school hours – organisations list: [Crisis+numbers+for+Schools+and+YP.pdf \(squarespace.com\)](#)

Supporting CYP with general mental health information & self care leaflets: [Stress](#)

[Depression](#)

[Anxiety](#)

Digital resources – Video clips

CYP Wellbeing video clips – several topic areas:

[Children & Young People's Wellbeing Service - YouTube](#)

Supporting your teenage with anxiety:

[Supporting Your Teenager with Anxiety - YouTube](#)

Parenting Teens in times of uncertainty:

[Parenting Teens in Times of Uncertainty – YouTube](#)

Merton Autism Parent Support (MAPS): Wed 10am- 1pm

Tel: 02039630595 or Infor@mertonmencap.org.uk

Merton Local Offer:

<https://directories.merton.gov.uk/kb5/merton/directory/localoffer.page?localofferchannel=2>



Support and Advice for Children & Young People: We have on line telephone and face to face counselling available at Off the Record for 11-25 year old's, including self-help materials, webinars and workshops at: <https://www.talkofftherecord.org/merton/> Saturday telephone confidential support from 10am-1pm call 02081756776

KOOTH (Xenzone) online Counselling and emotional well-being platform for CYP, accessible through mobile, tablet and desktop is also available to all young people over the age of 11 years at : <https://www.kooth.com> Mon-Fri 12pm-10pm, Saturday & Sun 6pm-10pm

You can also call ChildLine for free 9.00am to midnight: 0800 1111 or www.childline.org.uk

HOPE line UK 0800 068 4141

You can also contact the new NSPCC's helpline (0800 136 663) for people who have experienced sexual harassment or abuse in education

Digital resources

<https://uktraumacouncil.org/resources/traumatic-bereavement>

<https://dfemedia.blog.gov.uk/2021/02/01/mental-health-resources-for-children-parents-carers-and-school-staff/>

<https://swlondonccg.nhs.uk/your-health/mental-health/covid19-resource-hub/>

<https://swlondonccg.nhs.uk/your-health/mental-health/covid19-resource-hub/returning-to-school/>

Digital Wellbeing Mental Health Support for London:

<https://www.good-thinking.uk/>