

## Surrey CC - Mental Health support

### **NEW** - Mental Health Support Line for Children & Young People in response to Covid

Surrey and Borders Partnership (SABP) NHS Foundation Trust are continuing to provide a Mental Health Support Line for children and young people following the latest Covid lockdown. This service provides early intervention for those who may be struggling with the transition back into school.

For some young people, returning to school after the various lockdowns has caused anxiety, distress and ongoing difficulties. SABP are able to provide the space for young people to be able to talk through their concerns and worries, either via telephone or video appointments. They can also provide tools and techniques to help them adjust back into school life. SABP can offer one or two sessions, and if the needs persist they will signpost or make a request for support to another service, with the consent of the young person.

The service is available Monday to Friday, 9am-5pm and is staffed by three Youth Counsellors from the Youth Counselling Service. Schools, parents and young people are all welcome to call. The service will run until the end of the summer term.

Please do share these numbers as needed.

<b><u>MH Support Line Duty Worker/availability</u></b>		
Brian O'Donovan	07501 728 507	Mon, Wed and Thurs 9-5
Sonya Maclean	07376 000535	Tuesday 9-5
Tam Gadd	07932 452 598	Friday 9-5

This service is not suitable for a child or young person in crisis. There is now a new 24/7 mental health crisis line for children, young people and their families and carers in Surrey. The freephone number - 0800 9154644 - is the same telephone number as the adult mental health crisis line, but it is now also available for children and young people up to the age of 18, by simply selecting option 1. It is staffed by a team of trained call handlers and mental health nurses.