



Emotional Wellbeing and
Mental Health Service (EWMHS)
for **children** and **young people**

Southend, Essex and Thurrock



From time to time, we find it difficult to cope with daily life.

Do you feel misunderstood, sad, anxious and alone?

Or all of the above?

Whilst these feelings can be normal, you might find that over time, things may get on top of you. It's at times like these, that it helps to talk to someone about your worries and feelings.

That's where we come in...

We are EWMHS. That's short for Emotional Wellbeing and Mental Health Service.


We provide emotional and mental health support for children and young people like yourself.

We know that reaching out for help can sometimes be difficult, this is why we are an open referral service. This means that we will take referrals directly from you or someone else; like your parent, school or other professionals that contact our service.

If you feel like you need to talk to someone you can contact us by telephone, email or online and speak to a trained professional who will guide and help you to feel better. If required, they can see you within a setting that is suitable for you.

When can we help?


- Do you often find yourself feeling hopeless and tearful?
- Are you finding day to day life difficult to cope with?
- Do you feel overly nervous or worried?
- Do you find your behaviour gets you in trouble?
- Have you become overly worried about your body image or eating habits?
- Have you thought about hurting yourself?



The road to
better wellbeing



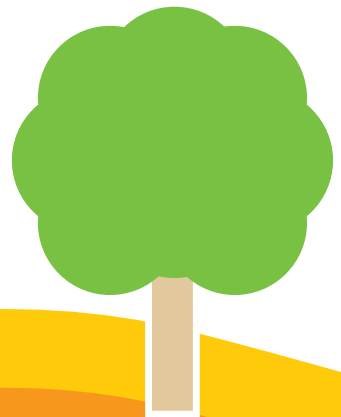
Contact
EWMHS

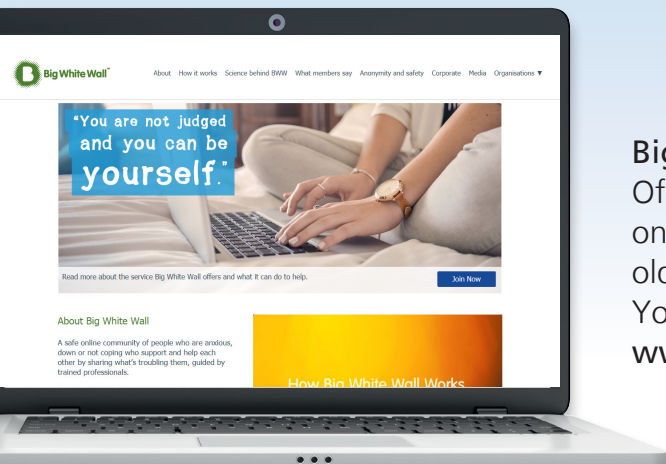


Appointment
made to
meet you

These are some of the things we can help and support you with. If we feel that our service is not right for your particular need, then we will put you in touch with someone that is able to help you further as EWMHS work with a variety of different organisations.

We also provide 24 hour online support as we know that sometimes it helps to be able to talk to someone at any time of the day.





Big White Wall

Offers a range of support online for 16 to 18 years old.

You can find them at www.bigwhitewall.com.



MiLife


MiLife is a great online website built by young people for young people. It has a host of useful information and links to other organisations that work with young people to make them feel better.

www.milife.org.uk

How do I access the service?

You or someone on your behalf can contact the service directly on **0300 300 1600** or email [NELFT-EWMHS.referrals@nhs.net](mailto:referrals@nhs.net) to make a self-referral. Your doctor, school, family member or any other professional can also make a referral on your behalf.

We have a number of different locations across Essex called hubs. We are happy to meet with you at our hub, however, we are also able to meet you elsewhere; this can be at your school, home or even a coffee shop!



Identify goals
and how we
can help

EWMHSHubs

Southend Area:

3 Alexandra Street
Southend on Sea
Essex
SS1 1BX

Basildon and Brentwood Area:

Acorn House
Ground Floor, Great
Oaks,
Basildon, Essex
SS14 1AH

Castle Point and Rochford Area:

Council Offices
Kiln Road, Thundersley,
Benfleet, Essex
SS7 1TF

Thundersley Clinic
8 Kenneth Road,
Benfleet, Essex
SS7 3AT

Mid Essex Area:

County Hall
Market Road
Chelmsford
CM1 1QH

Duke Street
69 Duke Street
Chelmsford
CM1 1JA

North East Essex Area:

651 The Crescent
Colchester Business Park
Colchester
Essex
CO4 9YQ

Globe House
6 George Street
Colchester
Essex
CO1 1TP

Thurrock Area:
62 Maidstone Road
Grays
Essex
RM17 6NF

West Essex Area:
Aylmer House
Kitson Way
Harlow
Essex
CM20 1DG

Children's Single Point of
Access:
Essex House
200 The Crescent
Colchester Business Park
Colchester
Essex
CO4 9YQ

How long will I wait to see someone?

Whilst waiting times may vary, we will always aim to see you within 12 weeks. However, if you find that things are getting more stressful for you whilst you are waiting to be seen, please contact us as soon as possible so we can provide you with support.

What do I do if I need immediate help?

If you feel like you need help straight away you can take the following steps to ensure you keep yourself safe until we can see you:

- talk to someone you feel comfortable with and trust about how you are feeling so they can help direct you to get the right help
- during the week from 9am – 5pm, you can contact our service on 0300 300 1600
- if you need to contact us outside of the above hours then please contact 0300 555 1201 for immediate short-term support
- if you feel you may seriously hurt yourself, visit your local A&E where a professional can help.

Would you like this information in another format?

For copies of this information in a different language, or a different format such as braille, audio or larger print, please contact our equality and diversity team on **0300 555 1201** ext. **65076**.

NELFT provides an extensive range of integrated community and mental health services for people living in the London boroughs of Barking & Dagenham, Havering, Redbridge and Waltham Forest and community health services for people living in the south west Essex areas of Basildon, Brentwood and Thurrock. We provide an Emotional Wellbeing Mental Health Service for children and young people across the whole of Essex. We are the provider of all age eating disorder services and child and adolescent mental health services across Kent and Medway.

NELFT NHS Foundation Trust

CEME Centre – West Wing, Marsh Way,
Rainham, Essex RM13 8GQ.
Tel: 0300 555 1200

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