

EMOTIONAL WELLBEING AND MENTAL HEALTH SUPPORT IN SURREY

Christmas can be a difficult time for some, below are local sources of support that will be available through the festive holidays for children, young people and their families in Surrey.

For children and young people in crisis

Mindworks

If you are worried about a child or young person aged 6 plus, please call Mindworks 24/7 mental health crisis line free on 0800 915 4644 to talk with a trained call handler who will provide advice, support and signposting to a range of community services. It's open all day and all night, seven days a week. You can use the number whether or not you are already receiving mental health services. No formal request for support is needed.

In an emergency, please dial 999 or 112 from a mobile.

Advice and support for children and young people

Mindworks Surrey

Mindworks Surrey is the emotional wellbeing and mental health service for children, young people and families. It offers an extensive range of advice, support and treatment provided by an alliance of NHS and voluntary sector providers. Families can request support themselves or through their school or GP. Call the Access and Advice team on 0300 222 5755 or go to the [Mindworks website](#).

Kooth

Kooth provides a welcoming space for digital mental health care, available to all. You can access further advice and support through the [Healthy Surrey website](#).

Every Mind Matters

The NHS's [Every Mind Matters](#) has some very helpful videos aimed at young people, especially on self-care tips to help manage emotional well-being.

For an extensive list of local and national support through the festive holidays please visit [Surrey Youth Voice](#).

For parents and carers

For parents and carers that may need support with their own mental health and emotional wellbeing please visit the [Healthy Surrey website](#). [The Wheel of Well-being](#) is a tool which can help you improve your wellbeing in six different ways.