



Welcome All!

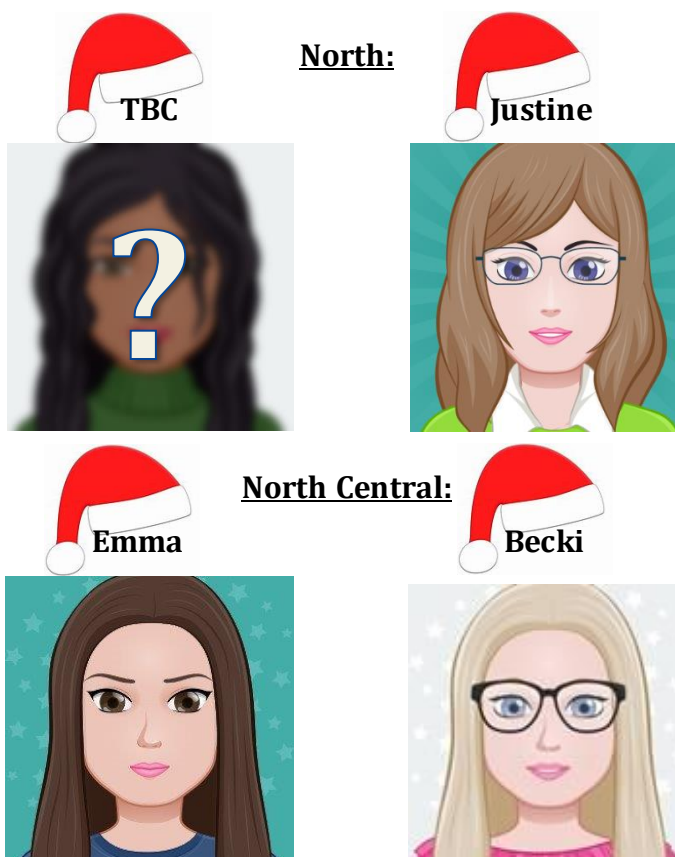


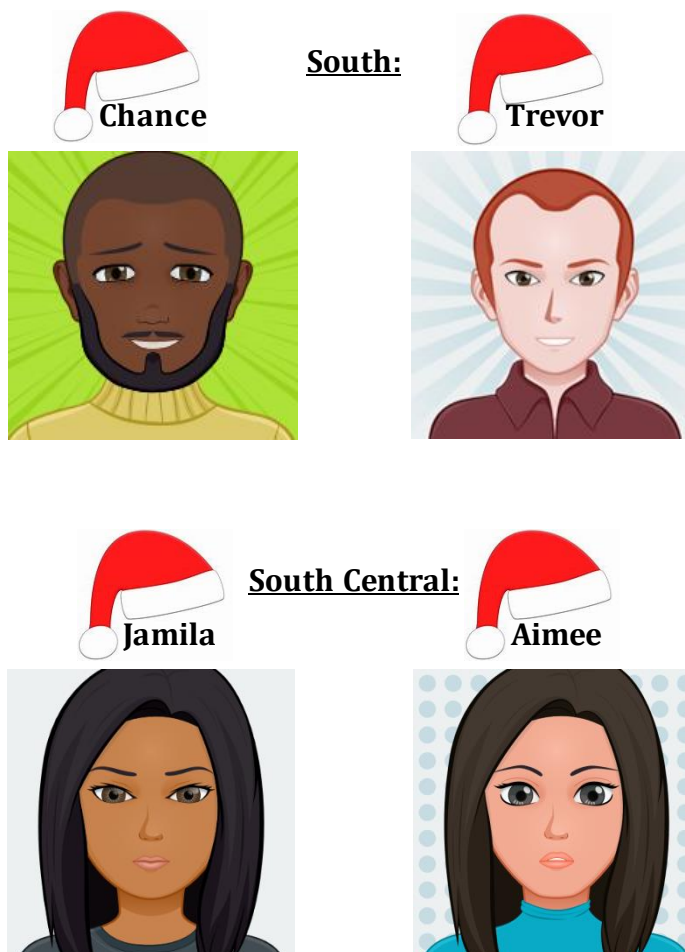
Issue 3- Winter 2020

**From your Support, Time and Resilience (STAR) Workers and the Primary Mental Health Team (PMHT) at Havering Child and Adolescent Mental Health Service (CAMHS).** We hope you have had a relaxing half term break. We understand the months leading up to Christmas are likely to be difficult and uncertain. Therefore, we have updated this newsletter to provide current information about support services available in Havering for parents/carers, children and young people. This is the third issue of the Havering CAMHS Wellbeing Newsletter. Firstly an update from us:

Due to COVID-19/social distancing measures, PMHT and STAR Workers are still providing a virtual service until it is feasible to meet in person again. This includes virtual drop-ins and consultations, these are continuing to work well.

**STAR Workers and PMHT are jointly allocated to a cluster of schools, the team currently consists of:**





Together, we raise awareness of emotional wellbeing and support services in the community. We do this by providing resources, information and signposting to services in Havering to support yours and/or your child's needs. We offer regular school consultations, virtually at present via Zoom/WebEx, **which any member of school staff** can attend to discuss their concerns about particular students. You will receive dates and invites for future consultations closer to the time by your allocated STAR Worker/PMHT Worker.

We offer virtual parent/carer drop in sessions (Primary school) and student drop in sessions (Secondary school) to support with emotional health and wellbeing. To book a drop in slot please discuss with your school. We ask that if you already have an allocated CAMHS Clinician to contact them directly as they will be able to best support your needs.

**Please note: Katie and Marie (STAR Workers) are leaving the team and moving onto new endeavors. They will be missed! A new STAR Worker will be appointed to the North team shortly.**

## Primary School



**Havering CAMHS** have put together a list of resources for those aged between 5-11. Keep an eye on the website for new resources and upcoming events.

<https://www.nelft.nhs.uk/havering-resources-camhs-age-5-11>



**Health Literacy** sessions will be delivered **in schools or virtually due to COVID-19** by Health Librarians from Aubrey Keep Library for health literacy awareness. Workshops can include health-related reading groups, assemblies and story times using the Reading Well for Children book list, how to evaluate high-quality health information online or offline (including social media, e.g. TikTok) and fact check, steps to working in the NHS, raising awareness of fake health news, guest speaker at health-related lessons. For more information please contact the school.



**Reading Well for Children** – a booklist has been created to support the health and wellbeing of children. The books are available for free at public libraries and targeted at ages 7-11. Book topics include coping with feelings and worries, anger, daily life and getting through a tough time.

For a copy of the list please contact the school or visit [www.readingagency.org.uk](http://www.readingagency.org.uk)



**ChildLine** is here to help anyone under 19 in the UK with any issue they're going through. ChildLine is free, confidential and available any time. You can call **0800 1111**, **email**, or use **1-2-1 counsellor chat**. **Due to COVID-19, please check the website for updates regarding opening times and support offers.**

ChildLine has a Calm Zone and interactive site to support children's wellbeing. Visit [www.childline.org.uk](http://www.childline.org.uk)



**Samaritans** offer a safe place for you to talk any time you like about whatever's getting to you. **Due to COVID-19, please check the website for updates regarding opening times and support offers.** Support is available on the Freephone number **116 123** and via email at [jo@samaritans.org](mailto:jo@samaritans.org)

**Samaritans Self-Help App** - keep track of how you're feeling, and get recommendations for things you can do to help yourself cope,

feel better and stay safe in a crisis



**Barnardo's** are offering a helpline and webchat for Black Asian Minority Ethnic group (BAME) children (aged 11+), young people and families affected by Covid-19, available to talk Monday-Friday 1pm-8pm. Call 0800 1512605 or visit <https://helpline.barnardos.org.uk/> for further information and support

## Secondary School



HEALTH LITERACY FOR SCHOOLS



**Mental Health Direct** is a free NHS service for residents in Barking and Dagenham, Havering, Redbridge, Waltham Forest, Essex and Kent & Medway providing urgent mental health help and advice in times of crisis on **0300 555 1000**. If you already receive support from a mental health team, contact them directly if it is between 9-5pm or Mental Health Direct if out of hours.

**Havering CAMHS** have put together a list of resources for those aged between 11-18. Keep an eye on the website for new resources and upcoming events.

<https://www.nelft.nhs.uk/havering-resources-camhs-age-11-18>.

**Health Literacy** sessions will be delivered **in schools or virtually due to COVID-19 depending on school policy** by Health Librarians from Aubrey Keep Library for health literacy awareness. Workshops can include health-related reading groups and assemblies using the Reading Well Agency- Shelf Help book list, how to evaluate high-quality health information online or offline (including social media, e.g. TikTok) and fact check, critical appraisal sessions for students considering studying health-sciences, steps to working in the NHS, raising awareness of fake health news, guest speaker at health-related lessons and more. For more information please contact the school.

**Shout** is a free crisis text line for support when feeling anxious, worried, stressed and needing immediate support. Text Shout on **85258**.

**Kooth** is a safe, free, and anonymous online counselling and support service for young people aged 11-18  
Open from Monday-Friday 12pm-10pm and Saturday-Sunday 6pm-10pm. Make an account to access the website, the username can be anonymous. Offering virtual wellbeing sessions around managing stress (e.g. transition stress) and anxiety. Kooth have some upcoming campaigns- Men's Mental Health month (Movember) and National Stress Awareness Week.

To sign up visit [www.kooth.com](http://www.kooth.com)





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Please visit **Young Minds** at <https://youngminds.org.uk/> for information on mental health, support available and various topics including bullying, anger and exam stress.



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**Every Mind Matters** provides simple and practical advice to get a healthier mind and get more out of life – from how to deal with stress and anxiety, to boosting our mood or sleeping better. Information on the website can help you spot the signs of common mental health conditions, get personalised practical self-care tips and information on further support. You'll also learn about what you can do to help others.

<https://www.nhs.uk/oneyou/every-mind-matters/>



**On My Mind – Anna Freud Centre:**

<https://www.annafreud.org/on-my-mind/>. This section of the Anna Freud website aims to empower young people to make

informed choices about their mental health and wellbeing. It includes the [Youth Wellbeing Directory](#), where you can find free mental health support local to you, and sections on **SHOUT crisis service**, **self-care ideas** for when you're self-isolating, **loss and bereavement support**, a list of **urgent support offers** and much more. There are also sections on their website outlining help available for parents/carers: <https://www.annafreud.org/mental-health-professionals/our-help-for-children-and-families/looking-for-help-parents-and-carers/> and young people <https://www.annafreud.org/mental-health-professionals/our-help-for-children-and-families/looking-for-help-young-people/>



**Charlie Waller** is a charity that educates young people, and those with responsibility for them - so parents, educators, employers, GPs and Practice Nurses - about their mental health and wellbeing. You can find out more about their programmes here:

<https://charliewaller.org/what-we-do>. They also have lots of information here: <https://charliewaller.org/information> and resources here: <https://charliewaller.org/resources>. Website: <https://charliewaller.org/>



**Papyrus** provides confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK (open everyday 9am-midnight): Call: **0800 068 4141**; Text: **07860039967**; Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org). They engage communities and volunteers in suicide prevention projects and deliver training programmes to individuals and groups. This includes equipping local councils, healthcare professionals and school staff with suicide prevention skills. Website: <https://www.papyrus-uk.org/>



**Five Ways to Wellbeing** – a new project that will be starting up in January. It will be running in small groups of 8-10 young people and hopefully be delivered from My Place Centre in Harold Hill. It is for young people who would like to explore different ways to manage their emotional wellbeing. For more information please get in touch with Melinda Yems at [melinda.yems@haverling.gov.uk](mailto:melinda.yems@haverling.gov.uk) or to make a referral please email Melinda



**Go Girls** – run by Havering Youth Services, this programme benefits young women aged 13-18 who are potentially vulnerable to relationships of power. During the sessions, young women are encouraged to identify their own areas for personal development. Currently takes place at either Harold Hill or Romford. For more

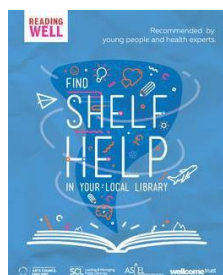
information contact Annie or Melinda from Havering Youth Service:  
Annie: [anais.edwards@havering.gov.uk](mailto:anais.edwards@havering.gov.uk); Melinda:  
[melinda.yems@havering.gov.uk](mailto:melinda.yems@havering.gov.uk)

## GOODFELLAS

**Goodfellas** is a programme delivered by Havering Youth Services at the MyPlace centre for young men aged 13-16 on a variety of topics with the aim of helping them make the transition from adolescence to Manhood. The sessions encourage the development of positive values, responsible behaviour and building life skills. For more information please email Ben at [myplace@havering.gov.uk](mailto:myplace@havering.gov.uk)



**The Mix** is a service that provides free, emotional support, guidance and advice for young people under 25 via online, social media and mobile. Information and articles on coping with Covid 19 can be found on 'The Hub' and they have a confidential helpline and webchat for young people to talk to trained supporters about any issue. Call **0808 808 4994** and lines are open 4pm -11pm every day. Webchat: [www.themix.org.uk/get-support](http://www.themix.org.uk/get-support)  
Suitable for: Under 25s (Webchat 10-18 year olds). For more information please visit [www.themix.org.uk](http://www.themix.org.uk)



**Reading Well for Young People** is a list of recommended health books (Shelf Help) for ages 12-18 to support with mental health and wellbeing. The books can be found in public libraries, focussing on a range of topics including depression, anxiety, stress, bullying and exams.

For a copy of the list, please contact the school or visit [www.readingagency.org.uk](http://www.readingagency.org.uk)



**Havering Special Educational Needs and Disabilities Information, Advice & Support Service (SENDIASS)** provides advice and support for parents/carers of children with SEND aged 0-16 years and young people themselves aged 16-25 years. The service will now operate on a telephone/e-mail basis only at this time due to COVID-19. Please check the website for the latest updates as this is reviewed on a regular basis. To contact them, complete their online contact and consent form, call **01708 433 885** or email [sendiass@havering.gov.uk](mailto:sendiass@havering.gov.uk). Website: [www.havering.gov.uk/sendiass](http://www.havering.gov.uk/sendiass)





**Kidscape** provide advice and resources for young people facing a bullying situation. They have online resources with advice for dealing with bullying, cyberbully, friendships and 'frenemies' and feeling better. Please visit <https://www.kidscape.org.uk/> for more information. Parents can also use the parent advice line: **0207 823 5430**; **due to the current situation of COVID-19, they are operating an e-mail and Whatsapp service** (please provide your mobile number by email: [parentsupport@kidscape.org.uk](mailto:parentsupport@kidscape.org.uk)).



**YGAM** provide the tools and information to build digital resilience, educate and safeguard young people against problematic gambling and gaming. They have a parent's hub which aims to inform parents/carers of ways to build their children's resilience online and offline and educates parents/carers around gaming and gambling through the provision of resource. For more information telephone **0203 837 4963**, email [amanda@ygam.org](mailto:amanda@ygam.org) or visit [www.ygam.org/](http://www.ygam.org/)

## Parents/Carers



**Havering Child and Adolescent Mental Health Service (CAMHS)** offers help to children and young people who are experiencing emotional, behavioural or mental health difficulties. **Due to COVID-19, mainly offering virtual and telephone consultation.** Support is available to families with children and young people under 18, and includes assessments of developmental problems, therapeutic input, support and advice. Referrals are accepted through self-referral, GP or Schools.

PMHT Workshops are being provided on a rolling monthly basis for Sleep Hygiene, Anxiety Management, Physical and Emotional Wellbeing. For more information visit <https://www.nelft.nhs.uk/havering-camhs>. Please check this website regularly for resource packs, workshop dates and other updates.



**Mental Health Direct** is a free NHS service for residents in Barking and Dagenham, Havering, Redbridge, Waltham Forest, Essex and Kent & Medway providing urgent mental health help and advice in times of crisis on **0300 555 1000**.

If you already receive support from a mental health team, contact them directly if it is between 9-5pm. Or Mental Health Direct can be called if out of hours.



**Havering IAPT (Improving Access to Talking Therapies)** is a free NHS therapy service for anyone over 18, who are with a registered GP in Havering. IAPT offers varied approaches of support such as online CBT, individual therapy sessions, workshops, group therapy. If you are experiencing difficulties and would like support you can self-refer by calling **0300 3001554 (option 2)** 9-5pm or at [www.iaptportal.co.uk/nelhav.html](http://www.iaptportal.co.uk/nelhav.html) or for more information please visit [www.talkingtherapies.nelft.nhs.uk](http://www.talkingtherapies.nelft.nhs.uk).

## Havering Adult College

**Havering Adult College** provides free, accredited Family Learning courses to support parents/carers in Havering

Upcoming courses:

- Supporting Families with Autism
- Supporting Families with Anxiety
- Raising Confident Children

- Understanding Challenging Behaviour
- Supporting Families with ADHD
- Supporting Families with Trauma
- Supporting Families with Emotional Wellbeing
- Keeping Children Safe Online
- Recognising and Safeguarding Against Knife Crime
- Supporting Families and Young People with Healthy Relationships

For more information about these and other courses please contact the Centre Support team on **01708 434955**, visit website <https://haveringadultcollege.co.uk/product-category/family-learning/> or email [familylearning@havering.gov.uk](mailto:familylearning@havering.gov.uk)



HEALTH LITERACY FOR SCHOOLS



**Health Literacy** sessions are delivered **in schools or virtually due to COVID-19** by Health Librarians from Aubrey Keep Library for health literacy awareness. Workshops can include how to evaluate high-quality health information online or offline (including social media, e.g. TikTok) and fact check, raising awareness of fake health news, and supporting children's understanding of health information with Reading well agency books. For more information please contact the school.



**Havering Mind-** Mind provide support for people (and their carers) on all mental health issues. Currently offering a free crisis counselling and bereavement support service (in partnership with Association of Christian Counsellors) for adults in the borough of Havering affected by COVID-19. For more information please visit <https://www.haveringmind.org.uk/services/crisis-counselling-and-bereavement-service/> or call 01708 457040

Havering Mind are also offering a Covid-19 support line for those in Havering, Barking & Dagenham worried about coronavirus, looking for ideas to help their mental health and needing a chat, call 01708 457040, email [reach.us@haveringmind.org.uk](mailto:reach.us@haveringmind.org.uk) or visit [www.haveringmind.org.uk](http://www.haveringmind.org.uk) for further information and support. Support is available Monday to Friday 9am-7pm and Saturday and Sunday 10am-3pm -



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES

**Empowering Parents Empowering Communities (EPEC)** run by Havering EPEC provide free courses for parents of children aged 2-11 (Being a Parent) and aged 11-16 (Living with Teenagers) to support parents to bring up happy, self-confident children. **Currently support is online due to COVID-19.** For more information please visit <https://familyserviceshub.havering.gov.uk/kb5/havering/directory/advice.page?id=79AdZNIJY8> or call 01708 431024.



**SEND IASS**  
Information, Advice and  
Support Service in Havering

**Havering Special Educational Needs and Disabilities Information, Advice & Support Service (SENDIASS)** provides advice and support for parents/carers of children with SEND aged 0-16 years and young people themselves aged 16-25 years. **The service will now operate on a telephone/e-mail basis only at this time due to COVID-19.**

Please check the website for the latest updates as this is reviewed on a regular basis. To contact them, complete their online contact and consent form, call **01708 433 885** or email [sendiass@havering.gov.uk](mailto:sendiass@havering.gov.uk). Website: [www.havering.gov.uk/sendiass](http://www.havering.gov.uk/sendiass)



**Add Up** is a local support and action group, for Havering, Barking & Dagenham and surrounding areas. Add Up was set up to bring families together, to guide parents in the right direction to find the practical help they need for their children and to promote both public and professional awareness of ADHD. No formal diagnosis needed. For Urgent Support: The Addup mobile will be available Monday to Friday from 10am to 4pm – **07495 573836**  
<https://www.addup.co.uk/>



**Positive Parents – Havering** offer support for parents/carers of children with Special Educational Needs and Disabilities aged 0-25 in Havering with support and advice, a range of activities information and to support parents to have a voice in making a difference for families in Havering. For more information call **07858 406933 / 01708 524627** or visit [www.positiveparentshavering.org.uk](http://www.positiveparentshavering.org.uk)



**Sycamore Trust** support the needs of individuals and families/carers for whom Autistic Spectrum Disorders and/or Learning Difficulties are a part of daily life. They have an online community forum: <http://www.autismhub.org.uk/forum/>. The Sycamore Trust UK offices are currently closed to the public and the service is operating virtually. Staff will be available by telephone, video meetings and email until December 2nd at the earliest. For more information please visit <http://www.sycamoretrust.org.uk/> or call **01708 749816**



**RAGS** provide help and support for families who have a child / children with an Autism Spectrum Disorder

<https://www.rags-havering.org.uk/>

For more information please email us [info@rags-havering.org.uk](mailto:info@rags-havering.org.uk). You will be contacted as soon as possible.

Early Help Service

### PARENT SURGERY

**Parent Surgery** offer free one-to-one parenting advice and support sessions surrounding their children's behaviour. Currently offering online or phone appointments. To book a free hourly appointment from 10am to 7pm please call **01708 432636** or email [parenting@havering.gov.uk](mailto:parenting@havering.gov.uk).



**SNAP (Special Needs and Parents)** is for families with children/young people (0-25) who have any special need/disability. Currently, the SNAP Helpline, online directory, online courses, online activity sessions, information sheets and networks are available to families in Havering. SNAP are committed to ensuring they continue to deliver the best service they possibly can for families during this difficult time and will continue to share information, ideas and strategies.

Coronavirus Family Guide to help you to navigate these challenges times: <https://www.snapcharity.org/coronavirus-family-guide/>  
For more information visit <https://www.snapcharity.org/> or call **01277 211300**



**Havering Children's Centres** are available to access a range of classes, activity and support groups for families in Havering. Currently providing online activities and classes due to COVID-19. Virtual offer includes Infant Feeding, virtual Musical Jelly Beans, Ready Steady Talk, Baby Massage, HENRY (Health, Exercise and Nutrition for the Really Young), Butterflies- perinatal support group and more. For more information visit <https://familyserviceshub.havering.gov.uk>, email [childrenscentres@havering.gov.uk](mailto:childrenscentres@havering.gov.uk) or call **01708 432636**



**Peabody** offers free short-term support and advice for housing, benefits, debt, budgeting, drug and alcohol problems, advice for carers/cared for and getting mental health support for over 18s. Call **01708 776770** or visit [www.peabody.org.uk/care-support](http://www.peabody.org.uk/care-support).



**Wize Up** provides a free confidential support service, for children and young people under 18 years, and families, with drug and alcohol concerns. Wize Up offers tailored advice, information, workshops and holistic support. Sessions and support are currently virtual via



WhatsApp, Zoom, Skype and Microsoft Teams

Under 21s Covid page: <https://changegrowlive.org/coronavirus/u21>

For information visit [www.changegrowlive.org/wize-havering](http://www.changegrowlive.org/wize-havering), call **07884 996917** or email [wizeuphavering@cgl.org.uk](mailto:wizeuphavering@cgl.org.uk)



Please visit **Young Minds** at <https://youngminds.org.uk/> for information on mental health, support available and various topics including bullying, anger and exam stress. You can call the ParentLine at **0808 8025544** - Monday to Friday 9:30- 4pm for advice if you are worried about your child's mental health condition, emotional wellbeing or behaviour or want advice for how to speak to a GP.



**MindEd** is free e-learning for mental health awareness and encouraging healthy minds. Available to parents/carers and professionals. All of MindEd is free and open access. To sign up, visit [www.minded.org.uk](http://www.minded.org.uk).



**Family Lives** provides access to online parent advice for a range of family issues, parent classes, a Parent Helpline **0808 8002222** and resources. Also includes Bullying help and advice for parents and a Back to school post-COVID-19 resource at: <https://www.familylives.org.uk/advice/your-family/family-life/back-to-school-transition-after-lockdown/>  
For more information please visit [www.familylives.org.uk](http://www.familylives.org.uk)



**Kidscape** provide advice and resources for young people facing a bullying situation and their parents. They have online resources with advice for dealing with bullying, cyberbully, friendships and 'frenemies' and feeling better. Please visit <https://www.kidscape.org.uk/> for more information. Parents can also use the parent advice line: **0207 823 5430**; **due to the current situation of COVID-19, they are operating an e-mail and Whatsapp service** (please provide your mobile number by email: [parentsupport@kidscape.org.uk](mailto:parentsupport@kidscape.org.uk)).



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## Activities



**Havering Community Hub** is a new online hub for a range of activities, events, support and more for children, young people and adults in Havering. For more information visit <https://www.haveringcommunityhub.com/>



**MyPlace** is a youth and community centre based in Harold Hill. **Due to COVID-19 currently providing online youth clubs, art, musical theatre, football and other workshops and some targeted, socially distanced workshops in person.** Please check MyPlace facebook for updates and for more information email [myplace@havering.gov.uk](mailto:myplace@havering.gov.uk)



**Essex Boys and Girls' Club** is an all-inclusive youth club based in Upminster for disabled and non-disabled young people from 10+. **Due to COVID-19 youth clubs are running differently, for more information and updates,** visit the Facebook page for regular updates, or to join a club call 01245 264783, email [jamied@essexboysandgirlsclubs.org/](mailto:jamied@essexboysandgirlsclubs.org/) or visit [www.essexboysandgirlsclubs.org](http://www.essexboysandgirlsclubs.org)



**Havering Active** provides information about opportunities to engage in physical activity in Havering. **Due to COVID-19, please check their website/Facebook page for updates regarding opening times and support offers.** Website: <http://haveringactive.co.uk>



**Fairkytes** is a community art centre based in Hornchurch offering a wide range of activities for adults and children, including pottery, drawing classes and disco nights. **Due to COVID-19 centre is closed and providing virtual competitions.** For information on the clubs and classes on offer, please visit <https://www.havering.gov.uk/fairkytes>.

## Online Safety



**Parent Zone** offers support and information to parents and schools to help families to navigate the internet safely and confidently and raise resilient children. Offer includes a ParentZone/Shout crisis messenger, parent hub, parent guides, digital resilience games and more. For more information please visit <https://parentzone.org.uk/>, email [info@parentzone.org.uk](mailto:info@parentzone.org.uk) or call 0207 6867225



**Net-Aware** offers support for parents and carers from the NSPCC with guides to social networks, apps and games and an online safety in COVID-19 lockdown hub <https://www.net-aware.org.uk/online-safety-lockdown/>. For more information please visit <https://www.net-aware.org.uk/>



**Thinkuknow** offers an education programme and advice from the National Crime Agency and Child Exploitation and Online Protection (NCA-CEOP) to support children, young people, families and professionals to keep their young people safe online and offline. Thinkuknow has age-specific websites, for more information please visit <https://www.thinkuknow.co.uk/>



**Internet Matters** offers support for parents/carers and schools to keep their children safe online with guides, resources and programmes such as Digital Eagles, age-specific advice and how to set up parental controls. For more information please visit <https://www.internetmatters.org/>



**Parent Info** offers support for parents and carers to keep their children safe online with contributions from the leading experts and organisations in matters related to young people and families in a digital world. For more information please visit <https://parentinfo.org/>

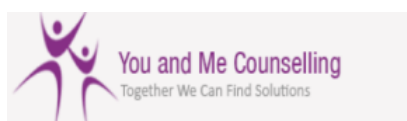


**UK Safer Internet Centre** offers online safety tips, advice and resources to help children and young people stay safe online. For more information please visit <https://www.saferinternet.org.uk/>

## Counselling Services



**Relate** is a relationship support service providing various types of counselling such as Relationship & Family Counselling, Mediation, Children and Young People's Counselling and Sex Therapy. They also provide relationship workshops and options of face-to-face counselling and support, phone, email or Live Chat counselling. For more information please telephone **01708441722** or visit [www.relate.org.uk](http://www.relate.org.uk)



**You and Me Counselling** offer counselling and psychotherapy to children and young people (aged between 5 - 25 years) and their families in the boroughs of Havering, Barking & Dagenham, Redbridge and Waltham Forest. They provide one to one, group, coaching, mentoring, teaching, tutoring, role modelling, information, advice, counselling and psychological therapies. **Covid 19 update: The service is offering a skeleton staff for face to face counselling, they will be in contact with clients once a counsellor is working from the office. Also still offering online counselling via Zoom and Skype for new and existing clients.** To get in touch telephone **01708 477663/07449467223**, email [info@youandmecounselling.org.uk](mailto:info@youandmecounselling.org.uk) or visit <http://youandmecounselling.org.uk/>



**HBBS (The Havering & Brentwood Bereavement Service)** offers professional counselling to adults and children suffering from bereavement or loss as well as training and support for teachers and other professionals. They also offer specialist dementia carers' counselling service and trauma counselling service. For more information telephone **01277 283199**, email [enquiries@hbbscounselling.org](mailto:enquiries@hbbscounselling.org) or visit <https://www.hbbscounselling.org/>