

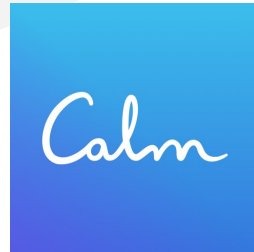
Who can you speak to in the meantime?



Check out these apps, websites and helplines for further information about mental health whilst you wait for us to contact you



We even have a podcast... created by young people, for young people



What if I need help right now?

Please talk to an adult you feel safe with if you can. Talk to your parent or carer, or an adult at school if you need urgent help.

Alternatively, we would recommend:

NHS 111: the NHS non-emergency helpline is available 24/7

CAMHS Clinician of the Day: Call and speak to a CAMHS clinician on 01525 638613/14 between the hours of 9-5, Monday to Friday.

In an emergency, ring 999 and tell them what's going on: Go to your local hospital accident and emergency any time of the day or night and someone will be there to help you.

Luton Schools CAMHS Access Service (SCAS)



For young people aged 11-18

We are trained to help young people who are beginning to experience mental health difficulties.

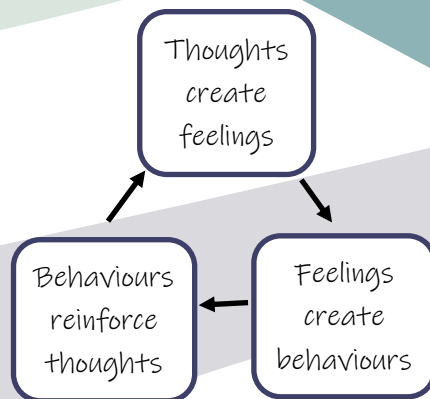
We help you learn healthy ways to manage your emotional wellbeing, by exploring how you are feeling and trying out some new ideas to manage your difficulties.

What is mental health?

Mental health can be described as how we think, act and feel. Our mental health can change daily, and it can impact the way we treat ourselves and behave towards others. Feeling anxious or low in mood can be normal, especially if we are experiencing something difficult, like an upcoming exam or getting bad news. However, if you have not felt like yourself for a couple of weeks and it is beginning to affect your daily life, it is best to talk about it before these feelings get worse.

Our mental health is also affected by the relationships we have (such as family and friends) and by our experiences. These experiences may make us feel upset, confused or angry. These feelings can impact our thoughts and behavior, like the diagram below shows.

Sometimes we might need to speak to someone for support. It might be helpful to speak to someone by ourselves, or sometimes having our family there can help. We might need to think how our relationships are affecting us, and how we feel about our lives. Sometimes this can be confusing, and we might need help to understand what we are going through.



How can we help you?

We can offer you 6-8 sessions, either 1:1 or within a group. This might focus on:

- Graded exposure (helping you to face your anxiety step by step)
- Worry management and problem solving
- Behavioural Activation (scheduling activities to improve low mood)
- Cognitive restructuring (changing negative thinking patterns)
- Sleep Hygiene advice (improving your quality of sleep)

We can also work with your family to help them to better understand what you are going through, and to help them think about how they can play a positive role in supporting you to feel better.

How can you access our service?

If you're interested in finding out more about how we can support you, speak to a teacher at school. Depending on your age, they may need to seek consent from your parents before they contact us. The timeline below shows you what will happen next.

Our service can also be accessed through your GP, or through a self-referral via our website, accessible through this QR code:

