

Useful organisations and support

If you are concerned about your child's mental wellbeing, the following organisations may offer useful support and information. You can also contact your child's GP.

In an emergency call 999 or visit your nearest Accident and Emergency (East Surrey, Worthing, Princess Royal). The Urgent Treatment Centre at Crawley treats most injuries or illnesses that are urgent but not life threatening.

To inform the school of any incidents, contact your Leader of Year in the first instance.

Organisation	Support offered	Contact details
	CAMHS Child and Adolescent Mental Health Services	Telephone: 01403 223340 Address: New Park House, North Street, Horsham, West Sussex, RH12 1RJ Web: www.sussexpartnership.nhs.uk/service-west-sussex-community-teams
	Sussex Mental Health Helpline for Children and Adults. Available 24/7 - offering advice on mental health support	Freephone 0800 0309 500 Email: SussexMentalHealthlineTeam@sussexpartnership.nhs.uk Web: www.sussexpartnership.nhs.uk/urgent-help-crisis
	Integrated Front Door For raising concerns relating to children, regardless of risk or complexity.	Telephone: 01403 229900 Email: WSChildrenservices@westsussex.gov.uk Web: www.westsussex.gov.uk/education-children-and-families/keeping-children-safe/raise-a-concern-about-a-child/
	Papyrus Hopeline A telephone service for young people who are experiencing suicidal thoughts, providing a safe space to talk through anything that could be impacting their ability to stay safe.	Telephone: 0800 068 4141 Text: 07860039967 Web: www.papyrus-uk.org Email: pat@papyrus-uk.org Opening hours: 9am-10pm weekdays, 2pm-10pm weekends, 2pm-10pm bank holidays
	Supporting children and young people (ages 3-13 years) with ASC and ADHD traits and their families. Mentoring service offers face to face or remote appointments.	Email enquiries@aspens.org.uk Web: https://aspens.org.uk/ Telephone: 01243 214120
	A 24/7 listening service to those in emotional distress. This includes those in mental health crisis and individuals who are feeling suicidal.	Telephone: 116 123 Email: jo@samaritans.org (response time is approximately 24 hours) Web: www.samaritans.org