Children & Young People's Mental Health Early Intervention Service

North East Essex

This Leaflet was designed with the help and inspiration of the Young People's Advisory Board – Evergreen.
Evergreen

Our young people have designed this tree of life to represent the on-going cycle of wellbeing.

Our roots and what we have been through in life represent who we are. We can then work through our difficulties to begin to grow from our experiences, to flourish & thrive.

With “Evergreen” being something that blooms all year round our young people chose this to represent our ability to gain the skills we need to help ourselves grow.

"YPAB" is our Young Persons Advisory Board who meet monthly to help us shape our service.
Do you feel sad, anxious misunderstood or alone?

From time to time we find it difficult to cope with everyday life... and this is ok.

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

That's where we come in!
Who we are?

We are the Children & Young People's Mental Health Early Intervention Service.

Early Intervention means working with you before your issues worsen and helping to make you feel more like yourself again.

We work with young people aged 10-18 (up to 25 years if SEND) in the North East Essex area. This means if you live in Tendring or Colchester District you are eligible to use our service.

What we do?

We can come into your school and use a confidential room to see you or you can come to see us at one of our buildings. We have buildings in Colchester and Tendring.
How can you help yourself?

You can access a wide range of online services including free online counselling via www.kooth.com.

Kooth also has articles by other young people, a safe online community and a daily journal tool.

How can we help

We can help by offering you a safe and confidential space to explore your feelings and learn techniques which will help you get through the tough times.

We help with a wide range of issues including anger, self-esteem, low mood, stress, family issues, friendship issues, bullying, change, loss of a loved one, anxious and nervous feelings, eating worries, problems sleeping, and self-harming.
Contact us

To find out more information about the services we offer and the support that might be available for you, please...

Call: 0300 300 1600 (9:00am - 5:00pm, Monday – Friday)

Mobile: 07973 626 926 (9:00am - 5:00pm, Monday – Friday)

Visit: www.nelft.nhs.uk/cyp-mental-health-early-intervention-services-essex

I was having a difficult time and was in a bad place when I accessed the Early Intervention Service. Having 1:1 sessions and having the space to talk and then joining the YPAB has really changed my life. I realised I’m not alone and there are “real” people going through the same stuff as me. It felt we could all talk and support each other, it felt really grounding and I’m in a much better place now. “

Year 11 student