

Are you feeling low, angry or upset?
Do you need someone to talk to?

Support for children and young people

Across mid and north east Essex



 mind | Mid and
for better mental health | North Essex



mnessexmind.org



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We know that life can be really tough sometimes and we're here to help you no matter what's on your mind.

Sometimes you can sort out a problem on your own but if you have a worry you can't cope with, don't bottle it up. It can really help if you talk to someone in your family, a carer, one of your friends, maybe a teacher, or you can talk to us.

We're Mid and North Essex Mind, a mental health charity. We're here to make sure anyone with a mental health or emotional worry has somewhere to turn to for advice and support.

We work with a lot of children and young people on their emotional wellbeing. Wellbeing is about being comfortable, healthy and happy. It's about helping to reduce negative emotions you might be feeling and looking at how you can feel more positive emotions.

Is it private?

The things you may talk to us about are kept private unless there is a serious risk of harm to you or others, or where we have to tell someone because of the law. We can give you a safe environment to talk about what's going on with you without judging you.

These are just some of the things we can help you with:

- worries about moving from primary school to secondary school or from secondary school to college
- bullying
- low mood
- relationships
- negative emotions
- family problems
- anxiety
- feeling worried
- anger
- advocacy (*please see following page*)

Some of what we offer depends on what school you're in (if you're in school) and where you live – you can email us on enquiries@mnessexmind.org or call between 9am and 5pm, Monday to Friday, on 01206 764500 and speak to one of our friendly team about how you are feeling and how we might be able to help you.

Are you already being helped by the Emotional Wellbeing Mental Health Service?

We can also help some people with advocacy. Advocacy is supporting someone to be able to talk about their views and worries, get information, defend their rights and talk about choices and options.

Advocacy is for those who are already being helped by the Emotional Wellbeing Mental Health Service which used to be called CAMHS. This service is available across Essex.

Not coping?

If you feel like you are not coping and need to speak to someone straight away, or like you may want to harm yourself or are having suicidal thoughts there are lots of things you can do to keep yourself safe:

- Tell someone you trust how you are feeling so they can support you to get the right help
- Call your doctor
- Visit A&E if you feel like you might seriously harm yourself



- If you want to talk to someone anonymously you can call Child Line on **0800 1111** (this is for any young person up to age 19)
- Call one of the crisis lines:
If it's Monday to Friday and between 9am and 5pm, call **0300 3001500**
If it's the weekend or out of these hours call **0300 555 1201**

Don't forget, we're here to help.

You can call us if you think you might need some help to start feeling more positive.

Your parents, carers and teachers can also call us if they are worried about you.

Email us on enquiries@mnessexmind.org or call between 9am and 5pm, Monday to Friday, on **01206 764500**.

Other places you can find help

Our website has some more information on it about dealing with different emotions. Visit mnessexmind.org to find out a bit more.

We're Mid and North Essex Mind, the mental health charity. We believe no one should have to face a mental health problem alone. We're here for you. Today. Now. Whether your stressed, depressed or in crisis, we'll listen and give you support.

We work with children from the age of 5 and adults of all ages. Some people use our services for only a little while and others might need help for longer.

We are a local, independent charity connected to the national charity Mind. At Mid and North Essex Mind we have to raise our own money to run our services. We work from Chelmsford to Clacton, from Braintree to Colchester – we cover all of mid and north east Essex.

If you want to raise some money or donate to support the work we do in the local area visit mnessexmind.org/support-us or call or email the fundraising team on fundraising@mnessexmind.org or 01206 764600.



Tell us your thoughts

We always need to know what we're doing well and what could be done better.

Write to us on: Operations Manager,
Mid and North Essex Mind,
The Constantine Centre, 272a Mersea Road,
Colchester CO2 8QZ.

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