



Looking After Your Emotional Wellbeing and Mental Health

Information for children and young people

Everyone experiences difficult feelings from time to time. You may feel stressed, worried, anxious, low in mood, overwhelmed or unsure where to get help.

This sheet brings together information about local services and organisations that may be able to support children and young people in Wandsworth with your emotional wellbeing and mental health. If you are not sure where to start, consider speaking to a trusted adult, your school or college, your GP, or another professional who knows you.

Please note

WIASS is not a mental health service. The services listed on this page are provided for information only. Inclusion does not mean that WIASS recommends or endorses a particular service.

Need urgent help?

If you feel unsafe, are at risk of harm, or are worried about someone else, speak to a trusted adult immediately. Call 999 in an emergency. If you need urgent mental health support but it is not an emergency, contact NHS 111 and select the mental health option.

Online Information and Support

YoungMinds

YoungMinds provides information, advice and practical tips to help young people understand and manage their mental health and emotional wellbeing.

[Visit YoungMinds for young people](#)

Kooth

Kooth offers free online counselling, peer support and self-help tools for children and young people.

[Visit Kooth one-to-one support](#)

Counselling and Mental Health Support

Wandsworth ACCESS Child and Youth Mental Health Service

Provides access to mental health support and services for children and young people in Wandsworth up to the age of 18.

[Visit Wandsworth ACCESS](#)



Mind Works

Offers counselling and talking therapy support to help people understand and manage difficulties they may be experiencing.

[Visit Mind Works counselling](#)

The Well Centre

Provides support with emotional wellbeing, physical health and practical issues affecting young people.

[Visit The Well Centre](#)

Portus

Provides information and support for young people affected by self-harm or suicidal thoughts.

[Visit Portus support for young people](#)

Support Through School or College

Schools and Community Psychology Service (SCPS)

Provides support for children, young people (0 to 25 years) who live in Wandsworth, who attend a Wandsworth maintained nursery or school or who are looked after by Wandsworth, and for their families and the practitioners who work with them.

<https://fis.wandsworth.gov.uk/all-services/ng-schools-and-community-psychology-service-scps/>

School counsellors

Some schools have counsellors that are trained mental health professionals who support students with their emotional well-being, social skills, and academic progress. They provide a safe, confidential space for children and young people to talk through personal challenges, manage stress, and navigate life changes while at school.

Pastoral Support

Pastoral support refers to the care and guidance that schools put in place to look after students' social, emotional, and mental wellbeing. Pastoral care ensures that pupils are emotionally healthy, feel safe, and are socially connected. They provide basic mental health support, mentoring programs, and positive behaviour interventions.



Emotional Literacy Support Assistants (ELSAs)

Many schools in Wandsworth have trained **Emotional Literacy Support Assistants (ELSAs)**. ELSAs are school staff who help children and young people understand and manage their feelings, build confidence, develop friendships, and learn strategies for coping with worries and emotions. Support is usually provided through individual or small group sessions in school.

If you feel this type of support may help, speak to a trusted member of staff, your tutor, SENCO, or wellbeing team, and/or your parent/s.

View the: [ELSA Network](#)

Education and Wellbeing Service

Provides support for young people experiencing difficulties such as anxiety, low mood, and emotional regulation challenges. If you think this support may help, speak to your school or college's Mental Health Lead.

[View the Education and Wellbeing Service](#)

Place2Be

Some schools commission Place2Be to provide counselling and emotional wellbeing support in schools. Ask your school if this service is available.

[View Place2Be support in schools](#)

Wandsworth Hospital and Home Tuition Service (WHHTS)

If you are finding it difficult to attend school because of a medical condition or your mental health, the Wandsworth Hospital and Home Tuition Service (WHHTS) may be able to support you with your education. The service helps children and young people continue learning while they are not able to attend school and supports them to return to education when they are ready. Speak to your parents and school about this service.

View the [Wandsworth Hospital and Home Tuition Service](#)

Support for Young Adults Aged 18 and Over

Wandsworth Talking Therapies

Provides free talking therapies and wellbeing support for adults aged 18 and over living in Wandsworth.

[Visit Wandsworth Talking Therapies](#)

Allkind Community Wellbeing Programme

Provides wellbeing groups and activities for adults aged 18 and over.

[View Allkind community wellbeing programmes](#)