



Looking After Your Emotional Wellbeing and Mental Health

Information for parents

If you are concerned about your child's emotional wellbeing or mental health, you may find the organisations and services listed below helpful. This page brings together information about local services and organisations that support children, young people, parents, and carers in Wandsworth. Different services offer different types of support, and eligibility criteria, referral routes and waiting times may vary.

Please note

WIA&SS is not a mental health service and cannot assess, diagnose, or provide treatment for mental health difficulties. The information on this page is provided to help families identify sources of support. Inclusion on this page does not represent a recommendation or endorsement of any organisation or service.

Need urgent help?

If your child is at immediate risk of harm, call 999 or attend your nearest Accident and Emergency (A&E) department.

If you or your child needs urgent mental health support but it is not an emergency, contact NHS 111 and select the mental health option.

Support for the Whole Family

Supporting a child or young person who is experiencing emotional wellbeing or mental health difficulties can be challenging for the whole family. The services below provide information, advice and support for parents, and families as well as children and young people.

Portus: Understanding Self-Harm and Suicide Prevention

Portus provides information, guidance and support for parents and carers who are concerned about self-harm or suicide risk.

[Visit Portus guidance for parents and carers](#)

Family Consultation Service

The Family Consultation Service at CAMHS works with families, parents, and young people to identify strengths and develop strategies that can support positive change.

[View the Family Consultation Service](#)



Welcare

Welcare provides practical and emotional support to families through individual and group-based support programmes.

[View Welcare family support](#)

YoungMinds

YoungMinds offers information, advice and resources to help parents understand and support their child's mental health and emotional wellbeing.

[Visit YoungMinds for parents](#)

Mental Health and Counselling Support for Children and Young People

Wandsworth ACCESS Child and Youth Mental Health Service

A single point of referral providing access to mental health support for children and young people in Wandsworth up to the age of 18.

[Visit Wandsworth ACCESS](#)

Kooth

A free, safe, and anonymous online platform offering counselling, peer support forums and self-help resources for children and young people.

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

Mind Works

Provides counselling and talking therapy support for young people and adults.

[Visit Mind Works counselling](#)

The Well Centre

Provides a range of support for young people, including emotional wellbeing, physical health, and practical advice.

[Visit The Well Centre](#)

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. Speak to your child or young person's school to see if this support is available.

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 behavior interventions.

Emotional Literacy Support Assistants (ELSAs)

Many schools in Wandsworth have trained **Emotional Literacy Support Assistants (ELSAs)**. ELSAs help children and young people develop emotional wellbeing, confidence, social skills, and strategies for managing worries and emotions. Ask your child's school whether ELSA support is available.

[View the ELSA Network](#)

Place2Be

Some schools commission Place2Be to provide emotional wellbeing and counselling support within school. Contact your child's school to find out whether this service is available. Place2Be also offers resources and support for parents and carers.

[View Place2Be support for parents and carers](#)

Education and Wellbeing Service

Provides support for children and young people experiencing common emotional wellbeing difficulties, including anxiety and worries. The service also offers support and guidance for parents. Please speak to your child's school to find out whether this service is available.

[View the Education and Wellbeing Service](#)

Wandsworth Hospital and Home Tuition Service (WHHTS)

If your child or young person is unable to attend school because of a significant medical or mental health condition, the **Wandsworth Hospital and Home Tuition Service (WHHTS)** may be able to help. WHHTS provides educational support for children and young people whose health needs are preventing them from accessing their usual school full-time. Please speak to your child's school further about this service.

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



Support for Parents and Carers

Wandsworth Talking Therapies

Offers free psychological well-being support and talking therapies for Wandsworth residents aged 18 and over experiencing common mental health difficulties such as anxiety or depression.

[Visit Wandsworth Talking Therapies](#)

Allkind Community Wellbeing Programme

Provides a range of wellbeing activities, groups, and support opportunities for adults aged 18 and over who are living with or recovering from mental health challenges.

[View Allkind community wellbeing programmes](#)