WWY CONTACTS LIST:

**BUCKS CAMHS :**

 01865 – 901951 ( automated ) 01865 – 901325 ( reception )

**SPA ( Single Point of Access ):**

The Single point of access (SPA) team serves as the front door for Bucks CAMHS. Referrals go via here for triage. Contact for help and advice, or if things worsen/change while your child is on a waiting listor yet to be seen.

01865 – 901951

BucksCAMHSSPA@oxfordhealth.nhs.uk

**ADULT MENTAL HEALTH TEAMS**

**AYLESBURY**

Phone: 01865 – 901287

Email: aylesburyvaleAMHT@oxfordhealth.nhs.uk

**ADULT CRISIS TEAM**: 01865 – 901287

**CHILTERN**

Phone: 01865 – 901344

Email: Chiltern.AMHT@oxfordhealth.nhs.uk/carers

**ADULT CRISIS TEAM:** 01865 – 902000

**BUCKS SENDIAS**

Provide free, confidential, and impartial information, advice and support on all matters relating to special educational needs and disability for children and young people aged 0 to 25 and their parents/carers.

Phone: 01296 – 383754

Email: sendias@buckinghamshire.gov.uk

**CHILDLINE**

You can contact Childline about anything. Whatever your child’s worry it’s better out than in. They are there to support children and young people and help them find ways to cope.

Phone: 0800-1111

Visit site: [www.childline.org.uk](http://www.childline.org.uk)

Use the 1-2-1 counsellor chat at : <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

**MIND**

Provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

## ‘We won’t give up until everyone experiencing a mental health problem gets support and respect’

Infoline; 0300 123 3393

Email: info@mind.org.uk

Visit Site: [www.mind.org.uk](http://www.mind.org.uk)

**YOUNG MINDS**

Young minds are a mental health charity for children, young people and their parents, making sure all young people are getting the mental health support they need.

Text YM to 85258.

Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.

All texts are answered by trained volunteers, with support from experienced clinical supervisors.

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.

Opening Times: 24/7

Visit Site: youngminds.org.uk

**PAPYRUS**

Papyrus provide help and advice for people thinking about suicide and for people who are worried about someone else.

Phone: 0800 068 41 41

Email: pat@papyrus-uk.org

Visit Site: papyrus-uk.org

**SAMARITANS**

Samaritans are there around the clock, 24 hours a day, 365 days a year. If you need a response immediately it’s best to call their freephone number.

Phone: 116 123

Email: jo@samaritans.org

Visit Site: [www.samaritans.org/](http://www.samaritans.org/)

**ANXIETY UK**

An organisation run by and for those with anxiety.

They offer a wide range of services including: Therapy service, helpline and text service, Calm club, courses and groups, webinars and more.

Visit Site: [www.anxietyuk.org.uk/](http://www.anxietyuk.org.uk/)

Helpline: 03444 775 774

Text Support: 07537 416 905

Webchat via site: Ask Anxia

Open Monday – Friday (except bank Hols.) 9.30am – 5.30pm

**CALMZONE**

Campaign Against Living Miserably

Resourses, helpline, webchat 5pm – midnight -365 days per year

Phone: 0800 585858

Visit Site: thecalmzone.net

**HEADS TOGETHER**

Heads Together work to ensure that people feel comfortable with their own and their friends and family’s mental health and wellbeing.

Text messaging: text ‘shout’ to 85258

Visit Site: headstogether.org.uk

**THE MIX**

The mix offer support to 13–25yearolds. They offer information and support via: articles, videos, phone, email, peer-peer and counselling services. They cover range of issues affecting young people including: mental health, homelessness, money ,break-ups, drugs and many more.

Phone: 0808 808 4994 – FREE 7 days a week 4pm – 11pm

Crisis Messenger: Text THEMIX to 85258 24/7

Counselling Service: The Mix's counselling service is suitable for you if you are looking for short-term help with your mental health and emotional wellbeing. Our telephone and webchat counselling service is available to young people aged 25 years old and under. Our counsellors aim to support by listening to your problems and helping you find ways to cope in a confidential, safe space.

Visit Site: themix.org.uk