

Towcester Medical Centre

Mental Health Services for children and their parents/ carers

**“We understand that it can
feel like a big step to take,
but we’re here for you. You
are not alone...”**

**For a future where all
young minds are supported
and empowered**

Depression affects more children and young people today than in the last few decades. Teenagers are more likely to experience depression than young children

Generalized anxiety disorder (GAD) can cause young people to become extremely worried. Very young children or children starting or moving school may have separation anxiety.

Self-harm is a very common problem among young people. Some people who experience intense emotional pain may try to deal with it by hurting themselves

Attention deficit hyperactivity disorder (ADHD) Children who are consistently overactive, impulsive and have difficulty paying attention may have ADHD.

Autism is a developmental disorder that encompasses a variety of symptoms like communication difficulties, behavioral challenges and social interaction problems.

**This leaflet includes
contact details for mental
health services available
locally to children and
their parents/carers.
Help is also available from
health visitors for children
less than five years old ,
schools nurses for
children from five to
nineteen years old and
your GP.**

The lowdown:

A mental health charity, providing free and confidential support services for 11- 25 year olds in Northamptonshire.

The website link is:

<https://thelowdown.info/>

Telephone No is: 01604 634385

Ask Normen:

Is a website where you can find out about some common feelings and mental health symptoms, how to cope, and where to go to get help. The Website link is: - <https://www.asknormen.co.uk/for-children-young-people/>

Mind Website:

Has lots of information for young people about understanding your feelings, how to get help and support, what happens when you visit your GP, looking after yourself and more.

The website is:

<https://www.mentalhealth.org.uk/a-to-z/c/children-and-young-people>

Beat Eating disorders website:-

Beat is the leading UK wide charity providing information, help and support for people affected by eating disorders, including anorexia nervosa, bulimia nervosa and binge eating disorder.

The Website link is:

<https://www.mentalhealth.org.uk/a-to-z/c/children-and-young-people>

Autism East Midlands:

Is the largest specialist autism charity in the East Midlands. Support for adults, families and children, diagnosis services.

The Website link is:-

<https://www.autismeastmidlands.org.uk/>

Towcester Library:

Towcester library is a good place for children to get useful skills. They have a number of classes like:

Bounce & Rhyme :

(Ages: 0 - 12 month old) - Monday

Rhymetime (Ages: 0 years - 5 years) - Thursday

Children Craft Club – Saturday

Chatty Child & me: For Parents with child (18 to 36) month old, it includes communication , language & literature.

You can find more by visiting the library front desk , visits the library online website or the Facebook page:

The Library online website link is

<https://www.northamptonshire.gov.uk/councilservices/library-service/visiting-your-library/list-of-libraries/Pages/towcester-library.aspx>

Facebook page link:

<https://en-gb.facebook.com/towcesterlibrary/>

Childline is a referred service where you can talk with the counsellor if you're under 19 or a parent of under 19. You can confidentially call, chat online about any problem.

Chat link is: <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>.

Childline help line is: 0800 11 11.

Child and Mental Health Services (CAMHS):-

Is an NHS service that provides general information and professional help for under 18 years old and their parents/carers.

The website link is: <https://www.youngminds.org.uk/young-person/your-guide-to-support/guide-to-camhs/>

Northamptonshire CAMHS website is:

<https://www.nhft.nhs.uk/camhs/>

Milton Keynes CAMHS Website is: <https://www.cnwl.nhs.uk/services/mental-health-services/child-and-adolescent-mental-health-services/milton-keynes-camhs>

Northampton CAMHS has chat live service for young people 13 years and older and parents or carers wanting advice and information about emotional wellbeing and mental health services.

Chat link is : <https://www.nhft.nhs.uk/camhs/#venue-contact-us-tab>