

Summer Holiday Mental Health Support Directory. Information checked: July 2026

Although school is closed for the summer, support is still available. If you are feeling worried, anxious or overwhelmed, please talk to a trusted adult as soon as possible. You are not expected to manage difficult feelings on your own. If things become urgent, call 111 and choose Option 2 for mental health support, or 999 in an emergency.

If a young person is at immediate risk of harm, has seriously self-harmed, or cannot keep themselves safe, call 999 or attend the nearest Emergency Department. Online services and helplines are not emergency services.

If You Need Urgent Help

NHS Mental Health Crisis Support (24/7)

- Call **111** and select **Option 2** for mental health support
- Available 24 hours a day, 7 days a week
- For anyone experiencing a mental health crisis or significant emotional distress. [\[nelft.nhs.uk\]](https://nelft.nhs.uk), [\[essex.icb.nhs.uk\]](https://essex.icb.nhs.uk)

Emergency Services

- Call **999**
- Use if there is immediate danger, serious self-harm, or risk to life. [\[essex.icb.nhs.uk\]](https://essex.icb.nhs.uk), [\[livewellsouthend.com\]](https://livewellsouthend.com)

Local Southend Support

SET CAMHS (Southend, Essex & Thurrock Child and Adolescent Mental Health Service)

Who is it for? Children and young people aged 0-18 (up to 25 with some SEND needs) experiencing emotional wellbeing or mental health difficulties including anxiety, low mood, sleep difficulties, trauma, and emotional distress. [\[nelft.nhs.uk\]](https://nelft.nhs.uk), [\[send.essex.gov.uk\]](https://send.essex.gov.uk)

Contact

- Phone: **0800 953 0222**
- Email: SET-CAMHS.referrals@nelft.nhs.uk
- Website: <https://www.nelft.nhs.uk/set-camhs/>

Can young people or parents refer themselves? Yes. Parents and young people can self-refer directly. [\[nelft.nhs.uk\]](https://nelft.nhs.uk), [\[send.essex.gov.uk\]](https://send.essex.gov.uk)

Kids Inspire

Who is it for? Children and young people aged 5-18 experiencing anxiety, low mood, worries, emerging mental health difficulties, or the effects of difficult life experiences. [\[livewellsouthend.com\]](http://livewellsouthend.com), [\[southendvi...pcn.nhs.uk\]](http://southendvi...pcn.nhs.uk)

Contact

- Phone: **01245 348707**
- Email: clinicaladmin@kidsinspire.org.uk
- Website: <https://kidsinspire.org.uk>

Summary Provides specialist counselling and therapeutic support, much of which can be accessed online. [\[southendvi...pcn.nhs.uk\]](http://southendvi...pcn.nhs.uk), [\[livewellsouthend.com\]](http://livewellsouthend.com)

Trust Links

Who is it for? Children, young people and adults needing wellbeing support, peer support, activities and counselling. [\[trustlinks.org\]](http://trustlinks.org), [\[savs-southend.org\]](http://savs-southend.org)

Contact

- Phone: **01702 213134**
- Website: <https://www.trustlinks.org>

Summary Offers wellbeing activities, youth support groups, counselling, therapeutic gardening, peer support and mental health recovery programmes. [\[trustlinks.org\]](http://trustlinks.org), [\[livewellsouthend.com\]](http://livewellsouthend.com)

Southend YMCA - YWell

Who is it for? Young people aged 11+ who may be struggling with anxiety, low mood, confidence, school stress, neurodiversity-related challenges or other wellbeing concerns. [\[southendymca.org.uk\]](http://southendymca.org.uk)

Contact

- Email: referrals@southendymca.org.uk
- Website: <https://www.southendymca.org.uk/ywell>

Summary Free mentoring for young people and counselling for those aged 16+. Offers a safe space to talk and develop coping strategies. [\[southendymca.org.uk\]](http://southendymca.org.uk)

Southend Youth Services

Who is it for? Young people aged 5-18. [livewellsouthend.com]

Contact

- Phone: **01702 534300**

Summary Free youth groups and holiday activities across Southend. Can help reduce isolation, build friendships and provide structured activities during the summer holidays. [livewellsouthend.com]

National Support Services

Kooth (Free Online Mental Health Support)

Who is it for? Young people aged 11-18. [essex.gov.uk], [send.essex.gov.uk]

Website

- <https://www.kooth.com>

Summary Free, anonymous online mental health support. Includes:

- Online chat with trained counsellors
- Self-help materials
- Discussion forums
- Wellbeing activities
- Online journal

No referral required.

YoungMinds

Website

- <https://www.youngminds.org.uk>

YoungMinds Crisis Messenger

- Text **YM** to **85258**

Summary National youth mental health charity providing advice, self-help guidance and crisis text support for young people.

Childline

Contact

- Call **0800 1111**
- Website: <https://www.childline.org.uk>

Summary Free, confidential support for anyone under 19. Available 24/7. Young people can talk about anxiety, friendships, family worries, mental health, school concerns, or anything else affecting them.

The Mix

Who is it for? Young people aged under 25.

Website

- <https://www.themix.org.uk>

Summary Provides information and support on mental health, relationships, wellbeing, education, and coping with difficult emotions.

Samaritans

Contact

- Call **116 123** (free, 24/7)
- Website: <https://www.samaritans.org>

Summary A confidential listening service for anyone experiencing emotional distress, worry or feeling overwhelmed.

Helpful Apps

The following apps are suggested as possible self-help tools and are not provided or monitored by the school. Parents/carers should review suitability before use.

Kooth

- Free online support platform.
- Available via website on phone, tablet or computer. [\[essex.gov.uk\]](https://essex.gov.uk), [\[send.essex.gov.uk\]](https://send.essex.gov.uk)

Calm Harm

- Free NHS-recommended app.
- Helps young people manage difficult emotions and urges to self-harm through distraction and coping techniques.

Clear Fear

- Free app designed for teenagers experiencing anxiety.
- Uses cognitive behavioural therapy (CBT) techniques.

Combined Minds

- Helps families support young people with mental health difficulties.

NHS Every Mind Matters

- Website: <https://www.nhs.uk/every-mind-matters>
- Provides self-help tools, mood advice and wellbeing plans.