

## **NELFT**

The Emotional Wellbeing and Mental Health Service (EWMHS) provides advice and support to children, young people and families who are in need of support with their emotional wellbeing or mental health difficulties.

The service covers Southend, Essex and Thurrock and is open to young people between the ages of 0-18, or up to 25 for those with special educational needs.

Any child or young person experiencing mental health difficulties as well as any parent, guardian or professional can access the service for help and guidance.

They can support people with a range of mental health difficulties faced by young people, which can include:

- Low mood
- Anxiety
- Obsessional thoughts
- Sleep problems
- Body image and eating difficulties
- Behavioural and emotional difficulties
- Trauma and loss
- Parenting and family difficulties

<https://www.nelft.nhs.uk/services-ewmhs/>

[0300 300 1600](tel:03003001600) or if you need urgent help or out of hours help, call [0300 555 1201](tel:03005551201).