

Translations can  
be found here:



# Your guide to the Mental Health Network

I haven't been eating  
or sleeping

I'm  
always  
worrying

I feel sad

I am  
overwhelmed

I feel anxious

I think I'm  
depressed

I'm stressed



Mental Health Network

Together, we're here for you

[gov.je/MentalHealthNetwork](https://gov.je/MentalHealthNetwork)

## Where do you go when you're feeling low? Unhappy? Worried? Anxious or sad? Depressed or stressed out?

The Mental Health Network provides information, advice and support for people in Jersey on all aspects of mental health and wellbeing.

Jersey's mental health and wellbeing providers are working together, so whoever you choose to contact, they'll make sure that you get the help and support you need.

**Don't delay. Acting early can make a real difference to your mental wellbeing.**

### How to get in touch

#### If you're at immediate risk

If you, or your family member, have self-harmed or are at immediate risk call 999.

#### The Mental Health Network is online

If you don't know where to start, check out our online resource listing Jersey's mental health providers.

Go to [gov.je/MentalHealthNetwork](http://gov.je/MentalHealthNetwork)

#### Hub of Hope

This website lists our services giving you easy access to finding out what they do, how they can help, and how you can contact them.

**[hubofhope.co.uk](http://hubofhope.co.uk)**

## Mental Health Network

The Mental Health Network includes Government and non-Government services all working together to give you the right support, at the right time, and in the right place.

## Alcohol or drug issues

### Alcohol and Drugs Service

t: 01534 445000

### Silkworth Charity Group

t: 01534 729060

e: [info@silkworthlodge.co.uk](mailto:info@silkworthlodge.co.uk)

w: [silkworthlodge.co.uk](http://silkworthlodge.co.uk)

## Children and Young People

### CAMHS (Child and Adolescent Mental Health Service)

t: 01534 445030

e: [hsscamhs@health.gov.je](mailto:hsscamhs@health.gov.je)

### Children and Families Hub

t: 01534 519000

e: [childrenandfamilieshub@gov.je](mailto:childrenandfamilieshub@gov.je)

w: [gov.je/ChildrenAndFamiliesHub](http://gov.je/ChildrenAndFamiliesHub)

### Kooth - online counselling and support 13-25 year olds

w: [kooth.com](http://kooth.com)

### Youth Enquiry Service (YES) 14-25 years

t: 01534 280530 | 07797778424

t: Freephone: 0800 7350 010

e: [yes@jys.je](mailto:yes@jys.je)

w: [yes.je](http://yes.je)

### Silkworth Charity Group

Silkteen Programme – 13 to 18 year olds

Silkworms Programme 7 to 12 year olds

t: 01534 729060

e: [info@silkworthlodge.co.uk](mailto:info@silkworthlodge.co.uk)

## Counselling and emotional support

### Jersey Hospice Care

t: 01534 876555

e: [administration@jerseyhospicecare.com](mailto:administration@jerseyhospicecare.com)

### Jersey Talking Therapies

t: 01534 444550

e: [JTT@health.gov.je](mailto:JTT@health.gov.je)

### Liberate Jersey

e: [counselling@liberate.je](mailto:counselling@liberate.je)

### Listening Lounge

t: 01534 866793

e: [info@listeninglounge.care](mailto:info@listeninglounge.care)

### Mind Jersey

t: 0800 7359404

e: [admin@mindjersey.org](mailto:admin@mindjersey.org)

### Samaritans

t: freephone 116 123

e: [jo@samaritans.org](mailto:jo@samaritans.org)

## Domestic abuse

### Jersey Domestic Abuse Support

t: 01534 880505

### Jersey Women's Refuge

t: 0800 7356836

e: [info@jerseywomensrefuge.org](mailto:info@jerseywomensrefuge.org)

## Eating disorders

Jersey Eating Disorders Support (JEDS)

e: eatdisordergroupjersey@hotmail.com

## Education and training

Jersey Recovery College

t: 01534 505977

e: hello@recovery.je

## Mental health or capacity issues

Dementia Jersey

t: 01534 723519

e: info@dementia.je

FOCUS On Mental Illness

e: info@focusmi.org

Mind Jersey

t: 0800 7359404

e: admin@mindjersey.org

My Voice

t: 07797 716447

e: advocacy@myvoice.org.je

Move More

t: 01534 757700

e: movemore@jerseysport.je

## Phobias, OCD and related conditions

Triumph Over Phobia

t: 0800 735 0608

e: topjerseyci@gmail.com

## The Mental Health Network

Here are some of the Mental Health Network members. You can contact any of the services and they will ensure you are directed to the most appropriate team to support you



Children and Families Hub

