

# SEVENOAKS PCN

*Newsletter for Parents*

Place2Be's

CHILDREN'S  
MENTAL HEALTH  
WEEK

9-15  
FEB  
2026

## Children's Mental Health Week 9<sup>th</sup> - 15<sup>th</sup> February

As we come to the end of Children Mental Health Week, Sevenoaks Primary Care Network are highlighting what mental health support is available to children and young people in the area.

Mental health describes our emotional, psychological, and social wellbeing. It affects how we think, feel, and act but also helps determine how we handle stress, relate to others, and make choices.



**1 in 5 children experience mental health difficulties**



**Half of mental health issues develop by the age of 14**



**The most common mental health problems among young people are emotional disorders including anxiety and depression**

Statistics from: <https://www.place2be.org.uk/contact-us/media-centre/children-and-young-peoples-mental-health-statistics/>

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## Sevenoaks mental health services

Downloadable version with clickable links found here:

<https://sevenoakspcn.gpweb.org.uk/>



### Children and Young People's Mental Health Social Prescribing Service for ages 5-17

<https://sevenoakspcn.gpweb.org.uk/services/social-prescribing-service-2>



### Sevenoaks Counselling (cost)

<https://www.sevenoakscounselling.org.uk/how-much-does-it-cost>



North East London  
NHS Foundation Trust

### Kent Emotional Wellbeing Team. Find your school here

<https://www.nelft.nhs.uk/find-your-school>

**Kent  
Resilience  
Hub**

### Kent Resilience Hub directory of support services

<https://kentresiliencehub.org.uk/services-and-support-for-young-people/>

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## Online signposting

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Counselling at  
**THE MIX**

**The Mix. Free telephone, video or webchat counselling for 13-25**

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



**shout**  
**85258**  
here for you 24/7

**Shout 85258. Free 24/7 text support**

<https://giveusashout.org/>



**1-2-1 online counsellor chat**

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



**stem4**  
supporting teenage mental health

**Stem4 apps for supporting teenage mental health**

<https://stem4.org.uk/apps/>



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