

# Single Point of Access (SPOA)



## WHAT?

SPOA gives young people a simple route to the mental health support they need

## WHO?

Young people in West Sussex, between the ages of 4 and 17

## HOW?



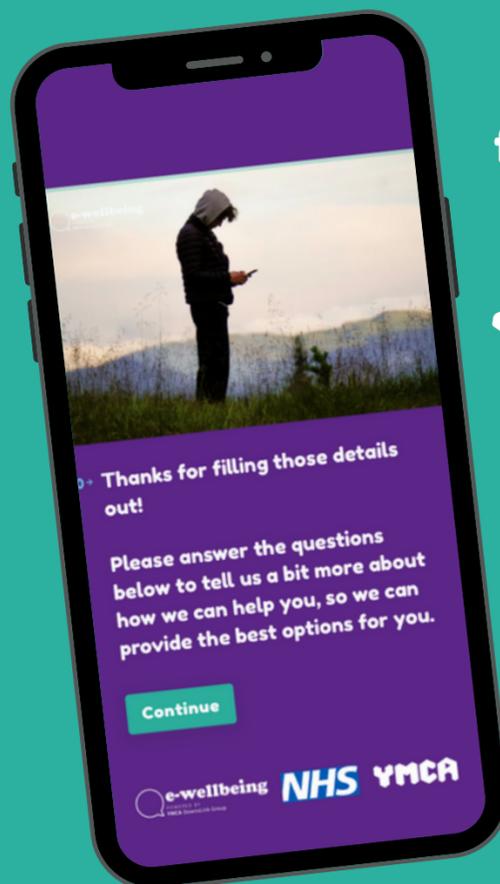
Complete an online referral form to be directed to the best possible support

## Young people have asked:

I feel anxious; where can I get support?

Why do I have to fill in so many forms?

Who can help me through this difficult time?



Youth friendly referral form accessible through [e-wellbeing.co.uk/support](https://e-wellbeing.co.uk/support)

**Did You Know...**  
85% of young people\* said online mental health support was useful!

\*According to the 2021 Pan-Sussex Children & Young People's Mental Health Digital Review



Do you need urgent support?

[CLICK HERE TO GET HELP](#)



Concerned about your privacy? Watch this video!