

Useful Support Contacts



CAMHS
Child and Adolescent
Mental Health Service

Specialist mental health service for children & young people (aged 0-18 years) & their families, in Greenwich.

For parents who have concerns about their child's mental health, call 0203 260 5211
Mon-Fri 8am to 7pm.

For urgent help, contact SLP CAMHS Crisis Line: 0203 228 5980 Mon-Fri 5pm to 11pm, Weekends & Bank Holidays 9am to 11pm.

Outside of these times, please call: **Oxleas Urgent Crisis Line: 0800 330 8590.**

oxleas.nhs.uk

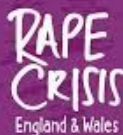


MCAED
Maudsley Centre for
Child and Adolescent
Eating Disorders

They help young people to recover from eating disorders. If you are a young person suffering from eating disorder or a family member, they are there to guide you.

mccaed.slam.nhs.uk

T: 020 3228 2545



**RAPE
CRISIS**
England & Wales

Rape Crisis England & Wales charity works to end sexual violence and abuse. They provide specialist information and support to all those affected by rape, sexual assault, sexual harassment and all other forms of sexual violence and abuse in England and Wales. If something sexual happened to you without your consent – or you're not sure – you can talk to us. No matter when it happened.

24/7 Rape & Sexual Abuse Support Line 24 hours a day, every day of the year.
Call free on 0808 500 2222

rapecrisis.org.uk



childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

BULLYING ON SOCIAL MEDIA

Anyone can be bullied or trolled on social media. It can be really hard to know what to do if it happens to you or someone you know. We can help you to cope and report the bullying.

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Childline helps with bullying, providing information on what you can do, how to block and report bullying or sexting, helping someone else, and provides other sites that can help.

childline.org.uk



HARMLESS
The centre of excellence for self-harm
and suicide prevention

Harmless is a passionate organisation that works to address and overcome issues related to self-harm and suicide. They provide help and support working with anyone of any age who is at risk of self-harm or who are actively self harming.

Make a referral online via their website.

harmless.org.uk

Useful Support Contacts



CEYP is a charity based in Eltham helping young people of all ages and backgrounds, their families and the wider communities in Greater London. They enable and support people to make better choices, to take control of their lives and to take advantage of the opportunities available to them. Available Monday to Friday 10am-6pm.

020 8859 6644

www.ceyp.org



Helping Young People Live Well in Greenwich. How are you feeling? If something is on your mind or you need support to find ways to feel better, you're not alone. The Live Well Greenwich line is a FREE helpline staffed by local, trained health and wellbeing advisors for signposting and support to live well.

0800 470 4831

livewellgreenwich.org.uk



The Family and Adolescent Support Service is for children, young people and their families who need extra help with emotional, educational or social needs. FaASS supports children who may need additional help on top of universal early help programmes. Referrals to Family and Adolescent Support Service are made via MASH by completing an interagency referral form. Families, including young people can refer themselves to FaASS.

020 8921 3172

royalgreenwich.gov.uk



Family Lives provides targeted early intervention and crisis support to families. If you need to talk, they are there to listen. They offer a confidential helpline service for families to provide emotional support, information, advice and guidance on any aspect of parenting and family life, as well links to other resources in your area. They are open Monday to Friday 9am to 9pm and Weekends 10am to 3pm.

0808 800 2222

familylives.org.uk



Metro promotes health and wellbeing through transformative services to anyone experiencing issues relating to sexuality, gender, equality, diversity and identity. They offer free one-to-one therapy and counselling for LGBTQ+ young people aged between 8 and 18 in London who identify as LGBTQ+ and/or be experiencing issues related to equality, diversity and identity. You can refer yourself to the service, or be referred.

020 8305 5009

consortium.lgbt

Useful Support Contacts



**National
Suicide Prevention
Alliance**

(NSPA) is an alliance of public, private and voluntary organisations in England who care about suicide prevention and are willing to take individual and collective action to reduce suicide and self-harm, and support those bereaved or affected by suicide. They have over 1,700 members, including organisations from across the public, private and voluntary sectors all working to prevent suicide. You can find more information on their website about services that can help that you, along with a range of resources.

nspa.org.uk



Mind Greenwich, Bromley or Lewisham is there for anyone struggling with their mental health, or supporting someone who is. They assist people in recovery, helping them take control of their wellbeing and lead fulfilled, productive lives. They offer free counselling to residents including crisis, relationship and culturally-sensitive counselling.

020 8853 1735

Out of hours Oxleas urgent advice line 0800 330 8590

blgmind.org.uk



stem4
supporting teenage mental health

Stem4 is a charity supporting teenage mental health. The charity has a large library of free mental health resources and they also have free apps to help teenagers manage or resist the urge to self-harm, manage anxiety, low mood and depression and provide mental health support.

stem4.org.uk



THE MIX
Essential support for under 25s

 0808 808 4994

The Mix is UK's leading support service for young people. If you're aged 11-25 and need help but don't know where to turn, they help you take on any challenge from mental health to money, from homelessness to finding a job, from break-ups to drugs. Call them for FREE to talk to their trained team about any issue that's troubling you - open 4pm to 11pm Monday to Saturday.

Freephone 0808 808 4994

themix.org.uk/



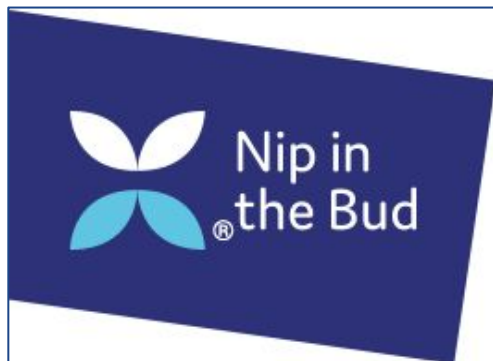
**internet
matters.org**

learn about it / talk about it / deal with it

Helping Parents To Keep Children Safe Online for all ages including 11-13 years old. Whatever your child's age, they have guidance to help you find out more about their digital lives. Receive practical advice on the steps you can take as a parent to keep them safe on social media, in online games and around the web. They also provide information to deal with a range of other issues which may affect your child such as self harm, radicalisation, grooming etc.

internetmatters.org

Useful Support Contacts



Nip in the Bud works with mental health professionals of the highest standing to produce FREE short evidence-based films and fact sheets to help parents, educationalists and others working with children to recognise potential mental health conditions. The goal is to increase the prospects of early intervention and to avoid those conditions becoming more serious in later years.

nipinthebud.org



National Suicide Prevention Helpline UK is a helpline offering a supportive listening service to anyone with thoughts of suicide. Anybody is welcome to call them if you need to talk. Their helpline is there to support you when you feel you need them. They are open from 6pm to midnight everyday.

0800 689 5652

spuk.org.uk



Rethink Mental Illness helps to improve the lives of people severely affected by mental illness through our network of local groups and services, expert information. Their goal is to make sure everyone severely affected by mental illness has a good quality of life. They provide over 200 services, 140 local support groups and run campaigns that bring about real change. Call free from landlines and most mobiles or email advice@rethink.org

0808 801 0525

rethink.org



Sane Line works with anyone affected by mental illness, including families, friends and carers. They provide a free text-based support service called Textcare and an online supportive forum community, where anyone can share their experiences of mental health issues. Their helpline is open between 4:40pm -10pm every day of the year.

0300 304 7000

sane.org.uk



Beat are the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, their mission is to end the pain and suffering caused by eating disorders. Call their Helpline (all free from landlines and most mobiles) and you will speak to a trained support worker experienced in listening and talking to people in a similar situation to you.

Helpline: Call 0808 801 0677

Youthline: Call 0808 801 0711

beateatingdisorders.org.uk

Useful Support Contacts

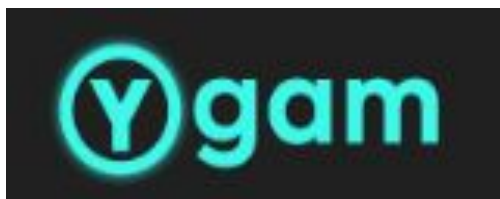


**Central and
North West London**
NHS Foundation Trust

Are you having difficulties with gaming? Do you spend too much time and money on games, despite attempts to stop? Are you spending less time with friends or family? Are you a parent or family member with concerns about someone's gaming? Is it having a negative impact on their studies, family time, going out, other hobbies? The NHS national centre for gaming provides treatment for people in England, aged 13+, who have difficulty controlling their video game use and the impact it has on their lives. They also offer parents, guardians and family members support alongside the person gaming.

020 7381 7722

cnwl.nhs.uk



YGam are an award-winning charity working to prevent children and young people from experiencing gaming and gambling harms through awareness raising, education and research. Our social purpose is to inform, educate, safeguard young people against gaming and gambling harms. Our vision and strategy are guided by and contribute to the Gambling Commission's National Strategy to Reduce Gambling Related Harms.

0203 837 4963

ygam.org



GamCare is the leading UK provider of free information, advice and support for anyone affected by gambling harms. They operate the National Gambling Helpline, provide treatment for anyone who is harmed by gambling, create awareness about safer gambling and treatment, and encourage an effective approach to safer gambling within the gambling industry. Open 24 hours a day, 7 days a week.

0808 8020 133

gamcare.org.uk



Al-Anon are there for anyone affected by someone else's drinking. Their helpline is manned by a team of friendly and helpful volunteers who are also members of Al-Anon. They will listen and be happy to answer your questions. UK residents can call free of charge from 10am – 10pm, 365 days a year. Please do not leave a message as, to ensure callers' confidentiality, we are unable to return calls.

0800 0086 811

al-anonuk.org.uk



CEOP help children stay safe online.

Has someone acted inappropriately towards you online that makes you feel uncomfortable or someone being insistent on meeting up. They are there to help and give you advice. If you are worried about online sexual abuse or something has happened online which has made you feel unsafe, scared or worried. This might be from someone you know in real life, or someone you have only ever met online. You can report it here.

ceop.police.uk

Useful Support Contacts



Kidscape's vision is for all children to grow up in supportive communities safe from bullying and harm. They provide practical support, training, and advice to challenge bullying and protect young lives.

The Parent Advice Line is open on Mondays and Tuesdays, 9:30am - 2:30pm.
Alternatively email: info@kidscape.org.uk Monday - Friday.

07496 682785

kidscape.org.uk



For urgent, non-emergency medical advice.

Call 111

england.nhs.uk



Winston's Wish charity helps children, teenagers and young adults (up to the age of 25) find their feet when their worlds are turned upside down by grief. Their expert team provides bereavement advice and support for parents, carers and professionals. The helpline is free to call or email ask@winstonswish.org. Live chat is available online between 3-8pm, weekdays. Text for urgent support, text WW to 85258 to speak with someone from our trusted partner, Shout.

08088 020 021

winstonswish.org



Child Bereavement UK helps families to rebuild their lives when a child grieves or when a child dies. They support children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying. Call them for free, confidential bereavement support.

0800 028 8840

childbereavementuk.org



Time to Talk Oxleas helps you to access psychological support and advice from your local talking therapies service. Their team of therapists are based in Eltham but can see patients at other centres throughout the Royal Borough of Greenwich. Services are available if you are having emotional difficulties and are struggling to cope with everyday life. Referrals can also be made online.

0203 260 1100

oxleas.nhs.uk