

GENERAL SUPPORT & ADVICE

- **NORTH KENT MIND** 01322 291 380
- **CHILDLINE** 0800 1111 (24 hour helpline for children & young people under 19)
<http://www.childline.org.uk/Talk/Chat/Pages/OnlineChat.aspx>
(Online 1-1 chat with a ChildLine counsellor).
Email: <http://www.childline.org.uk/Talk/Pages/Email.aspx>
- **CAMHS** Statutory Child & Adolescent Mental Health Service 01322 299900
- **NHS DIRECT 111** (For non-emergency help, reassurance & advice)
Online resource & app which helps monitor & understand your emotional wellbeing:
<http://www.2gether.nhs.uk/moodometer>
- **SAMARITANS** 08457 909090 / 0208 301 1010 (Bexley & Dartford branch)
Local branches listed on: <http://www.samaritans.org/branches>
Email: jo@samaritans.org
Text: 07725 90 90 90 (UK)
- **THE GR@ND** Free active listening service (individual, face-face) Wednesdays
3.30-6:30. For more details: <http://www.thegrاند.org.uk/young-people/need-support/active-listening/> or phone: 01474 320123
- **VICTIM SUPPORT** 0845 30 30 900 For anyone who has been affected by a crime committed against themselves or against anyone they know.
Mon-Fri 8-8pm, Weekends 9-7pm, Bank Holidays 9-5pm.
<https://www.victimsupport.org.uk/help-victims/help-young-victims>
- **WALK TALL** 0845 270 8130 Local charity based in Northfleet using art orientated activities to help build confidence and self-esteem & to explore other issues. Free counselling for young people who are not in education, training or employment & low cost counselling may be offered to other young people according to assessed need.
- **YOUTHNET UK** <http://www.thesite.org/> (Online information & advice on life issues for 16-25 year olds, Online chat & discussion boards). <http://www.thesite.org/apps-and-tools> (online apps, including motivation, stress & local service finding apps).
- **MENTAL HEALTH MATTERS** 0800 107 0150 / 0300 330 5485 Telephone helpline open 24/7 in Kent & Medway See website for other services including online web chat.
- **NATIONAL MIND** <http://www.mind.org.uk/> (Online information & advice, including an A-Z of mental health issues with downloadable guides and booklets).
- **YOUNG MINDS**
<http://www.youngminds.org.uk/forchildrenyoungpeople/whatsworryingyou> (General Information)

SUPPORT/INFORMATION FOR ALCOHOL & DRUG ISSUES

- **TALK TO FRANK:** 0300 123 5500 (24 hours 365 days)
Text 82111 <http://www.talktofrank.com/>
(Advice & UK Online chat 2pm – 6pm any day)

- KCA 01227 456744 or contact them in confidence via their website:
<http://www.kcayps.org.uk/contact-main/>

BEREAVEMENT SUPPORT, INFORMATION & ADVICE:

- NORTH KENT MIND 01322 291 380 (Low cost counselling)

SUPPORT, INFORMATION & ADVICE FOR BULLYING

- KIDSCAPE <https://www.kidscape.org.uk/advice/advice-for-young-people/>
(Online advice)
- CHILDLINE <http://www.childline.org.uk/Explore/Bullying/Pages/Bullying.aspx>
(Online advice, for other support see ChildLine details above).

SUPPORT, INFORMATION & ADVICE FOR YOUNG CARERS

- KENT YOUNG CARERS West Kent – 0300 111110

SUPPORT, INFORMATION & ADVICE FOR EATING ISSUES & DISORDERS

- BEAT Online information, Carers' forum & Youth message board (Jan 15)
<http://www.b-eat.co.uk/>
Youth helpline: 0845 634 7650 (Mon–Thurs 1.30pm – 4.30pm)
Text Callback (within 24 hrs): 07786 20 18 20
Youthline email service at fyp@b-eat.co.uk.
- THE GR@ND Run family weight courses at Northfleet Youth Centre 6–7pm for those who would like to lose weight. Contact: amit.hayer@thegrand.org.uk or 01474 320 123
<http://www.thegrand.org.uk/young-people/get-involved/dont-sit-get-fit/>

SUPPORT FOR YOUNG PEOPLE WHO HEAR & SEE THINGS OTHERS DON'T.

- VOICE COLLECTIVE Online information & advice, including details of a Young People's Group in Greenwich:
http://www.voicecollective.co.uk/voices/voices_main.html

SUPPORT, INFORMATION & ADVICE FOR RAPE & SEXUAL ABUSE

- **FAMILY MATTERS** Free listening service, practical support and counselling for survivors of sexual abuse, rape and sexual assault and their families
Helpline: 01474 537 392 (Not 24 hrs, but has a confidential answer phone).
Email: admin@familymattersuk.org
- **RAPE CRISIS** <http://www.rapecrisis.org.uk/index.php>
Helpline: 0800 802 9999 (12-2.30pm; 7-9.30pm)

SELF-INJURY (HARM) SUPPORT

- **HARMLESS** <http://www.harmless.org.uk/whoWeSupport/youngPeople>
Online information and support
- **SELF INJURY SUPPORT** 0800 800 8088 Helpline (Wednesday 7-9pm; Thursday 3-5 pm)
(for girls & women) 0780 047 2908 TESS text support charged at your normal rate
Mon-Friday 7-9 pm
<http://www.selfinjurysupport.org.uk/tess-text-and-email-support-service>
(Email support)
<http://www.selfinjurysupport.org.uk/self-injury-self-help-ideas>
(Online information & self-help ideas)
- **SELF HARM .CO.UK** <http://selfharm.co.uk/get> (online information)
<http://alumina.selfharm.co.uk/> (online course for ages 14-18)
- **ANOREXIA & BULLEMLIA CARE** Helpline: 03000 11 12 13 Option 3
- **NORTH KENT MIND** 01322 291380 (Low cost counselling)

SEXUAL HEALTH

- **BROOK** Free confidential sexual health advice for young people up to 25 years old. Ask Brook online advisor & web chat. For more details see:
<http://www.brook.org.uk/our-services/category/ask-brook>
Text: 07717 989 023
- **G.P**