

Emotional Wellbeing Support Services for Young People




Secondary Schools





This table includes a mix of nationwide and Kent-Wide services. Please note, this is not an exhaustive list, and we encourage regular reviews of the support options available in your area.

If you are in Crisis or require out of hours support, please call Kent Children and Young People's Mental Health Service Single Point of Access (SPA) available 24 hours a day, on 0800 011 3474.




Alternatively, you can contact Mental Health Direct on 0800 995 1000 in case of crisis, for out of hours support, as well as general support and advice.

Please call 999 and/or go to your nearest A&E if you feel unable to keep yourself safe.

Counselling Support	
 <p>NHS Kent Community Health NHS Foundation Trust</p> <p style="text-align: center;">School Health</p>	<p>Kent School Health: www.kentcht.nhs.uk/service/school-health/counselling-and-emotional-health/ Kent School health supports Children and Young People with overall physical and emotional health. They provide counselling support services alongside text and chat-based support options. The different services available can be found on the above website address. Referrals for counselling support can be made by completing a referral form through the link below. You can access this support via: Telephone: 0800 0113 474 Email: nem-tr.kentchildrenandyoungpeoplehealthservices@nhs.net Referral: www.kentcht.nhs.uk/forms/school-health-service-referral-form/</p>
 <p>kooth</p>	<p>Kooth: www.kooth.com/ Kooth is available for 10 - 25-year-olds across the UK. They offer digital counselling services, an online magazine, online discussion forums, a daily journal, and mini activities to help improve your emotional wellbeing. The online counselling service is available weekdays between 12pm – 10pm and weekend between 6pm and 10pm. You can access this support via: Online: www.kooth.com/</p>
 <p>THE MIX Essential support for under 25s</p>	<p>The Mix: www.themix.org.uk/ This charity offers counselling support for any young people under the age of 25. They have a webchat option for young people aged between 10-18, alongside a telephone option. Their counsellors aim to support you by listening to your problems and helping you find ways to cope in a confidential, safe space. You can access this support via: Telephone: 0808 808 4994 Online: www.themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service</p>

	<p>Rubicon Cares: www.rubiconcares.org/</p> <p>Rubicon Cares is a charity that provides free trauma counselling throughout Kent & Medway for people of any age affected by any crime. The crime incident can be historical, current, reported, or unreported to the police...it is the impact on you which is important to us. We also have a specialist helpline service which is available 4 times a week to support on a short-term basis those who cannot get to us or would like further information about the counselling.</p> <p>You can access support via:</p> <p>Website: www.rubiconcares.org/</p> <p>Telephone: 01622 230736</p> <p>Mobile: 07761 050 975</p> <p>Email: contact@rubiconcares.org</p> <p>Helpline number: 07505709876</p> <p>The hours for the helpline are Monday, Thursday, Saturdays 12–3pm, and Wednesdays 7–10pm.</p>
	<p>Relate: www.relate.org.uk/</p> <p>Provide a range of counselling services, including Children and Young People’s counselling support. Also provide friendly and informal workshops for people at important stages in their relationships. Access support via contacting your local centre.</p> <p>You can access support via:</p> <p>Website: www.relate.org.uk/find-your-centre</p> <p>Canterbury Telephone: 01227 766 094</p> <p>Canterbury Email: appointments.kent@relate.org.uk</p>
<p>Specialist Support Services</p>	
	<p>Kent Young Carers: www.imago.community/Children-and-Young-People/Kent-Young-Carers</p> <p>KYC works with schools, communities, and statutory and voluntary agencies to identify hidden young carers. Following assessment, KYC offer a range of short-term interventions including signposting, one-to-one support, in school support and workshops. KYC also offer training and information to professionals.</p> <p>Referral form on website.</p> <p>You can access support via:</p> <p>Telephone: 0300 111 1110</p> <p>Email: youngcarers@imago.community</p>
	<p>The BeYou Project: www.thebeyouproject.co.uk/</p> <p>The BeYou Project connects young people in Kent and Medway who are lesbian, gay, bisexual, trans, non-binary or are questioning their sexual orientation and / or gender identity. We offer a safe, welcoming and non-judgemental space where young LGBTQ+ people can meet to socialise, have fun and help each other. Meet ups are offered online and in face-to-face groups.</p>

	<p>You can access support via: Email: beyou@porchlight.org.uk</p>
 <p>withyou Drugs and Alcohol</p>	<p>Young We Are With You (Formerly Addaction) Drugs and Alcohol Support www.wearewithyou.org.uk/services/kent-for-young-people/ Support Young People under the age of 24 years who are experiencing drug and alcohol difficulties. Initial telephone call to discuss difficulties and agree next steps. Practitioners can arrange to meet young people in 'young person friendly' venues convenient to their home e.g. GP settings, educational settings, youth hubs etc. You can access support via: Telephone: 01795 500881 Book an appointment online Online chat option available</p>
 <p>withyou Mind and Body</p>	<p>We Are With You (Mind and Body) Self-Harm and Mental Wellbeing www.wearewithyou.org.uk/services/mind-and-body-in-kent/ Mind and Body in Kent supports children and young adults (ages 13-25) who are self-harming, at risk of self-harming or struggling with their mental wellbeing. We help people find positive ways to manage difficult thoughts and feelings, working with small groups in secondary schools and in the community. You can access support via: Telephone: 01795 500882 Online referral form: www.tfaforms.com/4966761</p>
	<p>Alumina Self-Harm Support: www.selfharm.co.uk Alumina is a free, online 7-week course for young people struggling with self-harm. Each course has up to 14 young people, all accessing the sessions from their own phones, tablets, or laptops across the UK. The courses take place on different evenings of the week and are run by friendly, trained counsellors and volunteer youth workers. You don't need an adult to refer you or sign you up, and no-one will see or hear you during the sessions – you'll just join in via the chatbox. We want to help you to find your next steps towards recovery, wherever you are on your journey. You can access this support via: Online sign-up: www.selfharm.co.uk</p>
	<p>Papyrus - Suicide Prevention Charity: www.papyrus-uk.org/ Provide a confidential support and advice service for Children and Young People under the age of 35 who are experiencing thoughts of suicide Papyrus also has lots of resources for Children, Young people, Adults and Professionals to help with their thoughts of suicide (distraction techniques) as well as having a range of safety plans. Helpline: 0800 068 4141 (HOPELINE UK)</p>

 <p>Cruse Bereavement Support</p>	<p>Cruse: www.cruse.org.uk Cruse Bereavement Care is here to support you after the death of someone close. We offer a range of free confidential support for adults and children. Cruse Bereavement Care is committed to being a diverse and inclusive charity that is accessible to all sections of society. You can access support via: Free helpline: 0808 808 1677 Online chat: www.cruse.org.uk/get-support/crusechat/</p>
 <p>Holding On Letting Go</p>	<p>Holding On Letting Go: www.holdingonlettinggo.org.uk Holding On Letting Go is a Kent-based charity that helps children to cope with the death of someone close to them. Many adults don't know how to support children through the grieving process, so we give support and guidance to parents and carers too. You can access support via: Online referral form: www.holdingonlettinggo.org.uk/refer-a-child/refer-process/</p>
 <p>CHUMS Mental Health & Emotional Wellbeing Service</p>	<p>CHUMS: https://chums.uk.com/kent-bereavement-service/ Specialist bereavement service in Kent and Medway. CHUMS support children and young people from age 3 ½ up until their 26th birthday. Specialist support is needed when a child or young person is experiencing complex grief or traumatic bereavement. This might mean that it is extra hard for them to manage the death and so it is having an enduring negative impact on everyday life. This might be because of the way the person died or because various other factors are disrupting their ability to grieve. Children and young people who need specialist support are likely to be experiencing difficulties with anxiety, low mood, overwhelming emotions, or post traumatic symptoms related to their bereavement. This might include:</p> <ul style="list-style-type: none"> • Prolonged periods of being low and withdrawn • Anxiety that prevents them from doing things they would normally do • High levels of frustration that impact on relationships and daily life • Struggling with thoughts or images about the death • Being unable to tolerate thinking or speaking about their bereavement. <p>This Specialist Bereavement Service is established from a wide range of experienced, trained professionals and volunteers. Support will be tailored to provide evidence-based interventions to children and young people through 1:1, group, and drop-in sessions. You can access support via: Online referral form: https://chums.uk.com/referral/</p>



Kent Community Health
NHS Foundation Trust

Psychosis

Early Intervention for Psychosis (East Kent):

www.kmpt.nhs.uk/our-services/early-intervention-for-psychosis-east-kent/

If you live in Ashford, Canterbury, Dover, Folkestone and Thanet the east Kent team can help you. We work with people between 14 and 65 years old who are experiencing their first episode of psychosis, and who have been experiencing symptoms for less than three years.

The NHS England standard requires that for people experiencing their first episode of psychosis start a NICE recommended package of care within two weeks of referral.

We offer advice, carry out assessments and can offer support for up to three years. We can advise you about how mental ill health can be identified early and how our service can help.

Assessments and interventions are provided by care coordinators who may be mental health nurses, occupational therapists, or social workers. Our psychology team also provide interventions.

Support time and recovery workers are a vital part of the team, and they assist people with ordinary practical activities to help their recovery.

You can access support via:

Telephone: 01227 812390



NHS Foundation Trust

Eating Disorders

All Age Eating Disorder Service:

www.nelft.nhs.uk/services-kent-medway-eating-disorders

The All Age Eating Disorder Service for Kent and Medway is a specialist service. Our service aims to bring hope and confidence, through help and support, to those who have an eating disorder, to enable them to take back control of their life by overcoming their eating disorder.

An eating disorder can be best described as an abnormal pattern of eating behaviour, accompanied by marked worries about food or body size, which may interfere with the person's usual way of life and often results in noticeable weight loss. More often they are a way of coping with difficult thoughts, emotions, or experiences. Eating disorders involve disturbances in eating behaviour, as well as feelings of distress or extreme concern about body shape and /or weight. Such disturbances can put physical health and functioning at risk.

Minimal referral age is 8 years old.

You can access this support via:

Telephone: 0300 300 1980

Email:



KentandMedwayEatingDisordersService@nelft.nhs.uk




Online referral form: www.nelft.nhs.uk/services-kent-medway-eating-disorders




East Kent Rape Crisis Centre: www.ekrcc.org.uk/

East Kent Rape Crisis Centre is a registered charity made up of trained professionals & volunteers providing a safe space to everyone affected by any kind of sexual violence or coercion, experienced at any time during their lives.

	<p>All our services are open to everyone – children, young people, and adults can access this. We also support family and friends.</p> <p>We offer emotional and practical support in the form of face-to-face counselling, therapeutic crisis interventions, support through the criminal justice system and support and crisis phone lines.</p> <p>You can access support via: Telephone: 01227 451753 Email: info@ekrcc.org.uk Online referral form: www.ekrcc.org.uk/how-to-refer</p>
 <p>Rape & Sexual Abuse Support Services</p>	<p>Family Matters Rape and Sexual Abuse Support Services: www.familymattersuk.org</p> <p>Sexual abuse and rape can leave people with physical and mental scars that take time and understanding to work through.</p> <p>Family Matters Counselling Service has been created to provide skilled help for children and adults who are experiencing these difficulties. A talk with one of our specialist qualified counsellors, who is experienced in sexual abuse awareness, can make all the difference.</p> <p>Our counselling practice is supported by qualified professionals who are trained across a wide range of issues and disciplines to help those affected address their fears and identify a clear pathway towards resolution and healing.</p> <p>You can access support via: Telephone: 01474 536661 Email: admin@familymattersuk.org Helpline: 01474 537392</p>
<p>Further Support</p>	
	<p>YANA (You Are Not Alone): www.imago.community/Children-and-Young-People/YANA</p> <p>YANA aims to help children and young adults develop resilience and emotional wellbeing. The project raises awareness of mental health, develops understanding of what that looks like for the individual, and explores what they can do themselves and where they can go for further support.</p> <p>The YANA project offers:</p> <ul style="list-style-type: none"> • Online wellbeing and emotional resilience workshop series • Tailored 1:1 sessions for children • Personalised plans and approaches • Information, advice and guidance • Facilitation of peer support groups <p>The YANA service is for children and young adults who:</p> <ul style="list-style-type: none"> • Would like to improve their emotional health and wellbeing • Want to learn more about themselves and the sorts of things that might help them, now and in the future

	<ul style="list-style-type: none"> • Do not meet the threshold for support from CAMHS and NELFT • Would like to be involved in developing this meaningful programme <p>You can access support via: Phone: 0300 011 1965 Email: yana@imago.community Referral form on website</p>
	<p>Porchlight: www.porchlight.org.uk/commissioners-and-professionals/our-services/young-people-and-family-services</p> <p>Porchlight works with children, adolescents, and their families with all kinds of needs e.g., managing relationships, education difficulties, mental health and wellbeing difficulties. Supports individuals across Kent.</p> <p>You can access support via: Telephone: 01227 760078 Email: headoffice@porchlight.org.uk Helpline: 0800 567 7699</p>
	<p>SALUS: www.salusgroup.org.uk/</p> <p>Salus recognises that all children and young people are different and, for any number of reasons, may need support to deal with the challenges they face to ensure they can achieve their potential.</p> <p>Salus offer a diverse range of programmes to support the needs of children and young people. This can be in school, the community or at home.</p> <p>Areas that Salus can support with include: Emotional wellbeing and social development, Domestic abuse, Anti-bullying, Autism Spectrum Condition, Employment, Mentoring service etc.</p> <p>You can access support via: Select the specific area you would like with support with to find out how to access this: www.salusgroup.org.uk/service-type/children-young-people/</p>
	<p>Kent Children and Young People’s Mental Health Service (CYPMHS): www.nelft.nhs.uk/services-kent-children-young-peoples-mental-health</p> <p>The Children and Young People’s Mental Health Service (CYPMHS) provides emotional wellbeing and mental health advice and support for young people and their families across Kent. The service is open to young people between the ages of 0-18, or up to 25 in some instances, for example those with special educational needs. CYPMHS offers advice and support for stress, low mood and depression, anxiety, self-harm or difficult to manage behaviours. NELFT also provide support for neurodevelopmental difficulties such as ADHD or ASC, and offer specific support for Eating Disorders too. The way in which we offer support can differ from young person to young person as every journey is unique. We may suggest a form of talking therapy,</p>

	<p>for example Cognitive Behavioural Therapy (CBT), family therapy or psychotherapy. We might also suggest medication following or alongside therapy if that is appropriate. It may be appropriate for you to be offered one of our group programmes of support. The outcome of your referral will be discussed with you, so you understand the reason and evidence for the chosen way forward.</p> <p>You can access this support via: Website: www.nelft.nhs.uk/kent-cypmhs-get-in-touch Single Point of Access Telephone: 0800 011 3474 Email: nem-tr.kentchildrenandyoungpeoplehealthservices@nhs.net Online referral form: apps.nelft.nhs.uk/SPA-KentMedway-Support</p>
	<p>Mental health direct: www.nelft.nhs.uk/services-mental-health-direct</p> <p>If you need mental health/emotional wellbeing support and it is out of office hours, or you don't know who to contact, you should call NELFT Mental Health Direct. We can arrange for you to speak with a mental health professional. We can also advise you about what service to contact to get the support you need.</p> <p>This is a freephone number and callers will not be charged.</p> <p>You can access this support via: Telephone: 0800 995 1000</p>