

## Local and National Support Lines

Organisation	Description	Contact Details	Who can Access
Barnardos	A children's charity that protects and supports the UK's most vulnerable children and young people. To find out more on what they can support on, visit their website.	<a href="https://www.barnardos.org.uk/">https://www.barnardos.org.uk/</a>	Children, Young people and families who require support.
Lewisham CAHMS	A multi-agency specialist mental health service for children and young people with complex, severe or persistent emotional, behavioral or developmental problems. We accept referrals from birth to their 18th birthday.	<b>Address:</b> 78 Lewisham Park, London SE13 6QJ <b>Hours:</b> <b>Open</b> · Closes 5PM <b>Phone:</b> <u>020 3228 1000</u>	A referral can be made through GPs, schools, social services and other agencies online referral form also available online.
National Online Safety	The resources include a Parents & Carers course that can be taken at your own convenience, which covers all areas of online safety	To create your account, please follow <a href="http://nationalonlinesafety.com/enrol/deptford-green-school">http://nationalonlinesafety.com/enrol/deptford-green-school</a> complete your details and select "I am a: Parent/Carer" as your account type.	All parents and carers
Place to Be	Place to Talk and Place to Be are offered to students in school who wish to access trained counsellors. We also have a parent counsellor available to work with our parents.	<a href="mailto:Joanne.Small@place2be.org.uk">Joanne.Small@place2be.org.uk</a> <a href="mailto:kevin.george@place2be.org.uk">kevin.george@place2be.org.uk</a>	Deptford Green School students and parents

Lewisham Foodbank	A foodbank that works using a voucher referral system. To find out how to make a referral for foodbank vouchers, follow their website.	<a href="https://https://lewisham.foodbank.org.uk/get-help/">https:// https://lewisham.foodbank.org.uk /get-help/</a>	All local people in crisis
Mental Health Support Team	<p>Virtual Coffee Morning facilitated by Lewisham School Wellbeing Service. All parents and carers are welcome Online every Thursday and Friday@ 10am to 11pm</p> <p><b>For Secondary school students</b> (KS3 and KS4) we will be running a Virtual Group in <u>Term 1</u> - The group is open to anyone struggling with the transition back to school and anyone who is experiencing fears and worries in this uncertain time. The group aims to build confidence in dealing with uncertainty, promote feelings of safety and provide strategies to deal with fears and worries.</p>	<p>Email lewishammhst@slam.nhs.uk and someone from the service will be in touch</p> <p>Any student who wishes to access this support should speak to their HOY or PL who can give them a form to complete to access this service</p>	<p>Parents and Carers</p> <p>Students</p>
Child Bereavement UK	Child bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.	<a href="https://www.childbereavementuk.org/">https://www.childbereavementuk.org/</a>	Everyone who requires support.

Childline	Childline is a national support line helping all children and young people on various topics.	<a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>	For all children and young people
Cruse Bereavement Care	Providing support and advice around those who are affected by bereavement.	<a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a>	Support and information available for Young people, Parents and Professionals
Kooth	A free online counselling and emotional well-being support service providing young people in Newham aged 10-16 years with a free, safe and secure way of accessing support from a professional team of qualified counsellors.	<a href="https://kooth.com/">https://kooth.com/</a>	All young people aged 10-16 years up to their 17th birthday
Maytree	Maytree is open 365 days a year. They offer a free 4 night, 5 day stay for adults, with the opportunity to be heard in complete confidence, support all adults who are feeling suicidal.	<a href="https://www.maytree.org.uk/">https://www.maytree.org.uk/</a>	Adults who are feeling suicidal
Mind	Mind provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.	<a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>	Everyone who requires support.
Campaign Against Living Miserably (CALM)	Aimed specially at men. There help is specifically tailored to their needs and is available 24 hours a day, 7 days a week. The helpline is open every day of the year. midnight every day of the year.	Telephone (outside of London) 0800 58 58 58 Telephone (London) 0808 802 58 58 <a href="http://www.thecalzone.net">www.thecalzone.net</a>	

Mood Swings	Providing support to anyone affected by a mood disorder, including friends, families and carers. Their helpline is open from 10am to 4pm Monday to Friday.	<a href="http://www.moodswings.org.uk">www.moodswings.org.uk</a>	Everyone who requires support.
NSPCC	A national organisation offering support and protection to those suffering from child abuse.	<a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>	All children and young people
Our Time	Providing support to children and young people affected by parental mental health.	<a href="https://ourtime.org.uk/">https://ourtime.org.uk/</a>	All children and young people
Papyrus	A national charity dedicated to the prevention of young suicide.	<a href="https://papyrus-uk.org/">https://papyrus-uk.org/</a>	Support for under 35s
Samaritans	Providing support and information to anyone who is having a difficult time, show signs you may be struggling to cope, if you're worried about someone else.	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>	Everyone who requires support.
Sane Line	Providing support and advice to anyone affected by mental illness, including families, friends and carers. Their helpline is open between 4:40pm and 10pm everyday of the year. They also provide a free text based support service called textcare. And an online supportive forum.	<a href="http://www.sane.org.uk">www.sane.org.uk</a>	Everyone who requires support.

Shout	A 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go for immediate help and you're struggling. Text Shout to 85258	<a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a>	Anyone of any age, who is a resident in the UK, can text into the service for support.
SilverLine	A support service for people over the age of 55 offering help, advice and information. Their helpline is open 24 hours a day, every day of the year.	0800 470 80 90 <a href="http://www.thesilverline.org.uk">www.thesilverline.org.uk</a>	Anyone over the age of 55 years
Mankind	Our confidential helpline is available for male victims of domestic abuse and male victims of domestic violence across the UK. We support men suffering from domestic abuse from their current or former wife or partner (including same-sex partner). This can range from actual violence or object throwing to mental abuse such as constant bullying or constant insults.	01823 334244 <a href="https://www.mankind.org.uk/">https://www.mankind.org.uk/</a>	Male victims of domestic abuse
Thinkuknow	Since 2006, Thinkuknow has been keeping children and young people safe by providing education about sexual abuse and sexual exploitation. Thinkuknow is unique. It is underpinned by the latest intelligence about child sex	<a href="https://www.thinkuknow.co.uk/">https://www.thinkuknow.co.uk/</a> <a href="https://www.ceop.police.uk/Safety-Centre/Should-I-make-a-report-to-CEOP-YP/Should-I-make-a-report-to-CEOP-concerned-adult/">https://www.ceop.police.uk/Safety-Centre/Should-I-make-a-report-to-CEOP-YP/Should-I-make-a-report-to-CEOP-concerned-adult/</a>	Children, parents and professionals

	offending from CEOP Command. Thinkuknow aims to ensure that everyone has access to this practical information – children, young people, their parents and carers and the professionals who work with them.		
Kidscape	Providing advice for young people, parents and carers around bullying, supporting adults to keep children safe and help them to reach their full potential.	<a href="https://www.kidscape.org.uk/advice/">https://www.kidscape.org.uk/advice/</a> 020 7730 3300	Parents, carers, young people
Anxiety UK	Charity providing support if you have been diagnosed with an anxiety condition.	03444 775 774 <a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>	Anyone diagnosed with an anxiety condition
Beat	Offering support and advice for those suffering with an eating disorder	Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s) <a href="http://www.beat.co.uk">www.beat.co.uk</a>	Adults and under 18s suffering with an eating disorder
Family Lives	Advice on all aspects of parenting, including dealing with bullying.	0808 800 2222 (Mon to Fri, 9-9pm and Sat to Sun, 10am - 3pm) <a href="http://www.familylives.org.uk">www.familylives.org.uk</a>	All parents/ carers