

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. We support LGBTQ (lesbian, gay, bisexual, trans and those questioning their sexual or gender identity) children, young people and their families in the UK	https://www.barnardos.org.uk/	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.	Address: 78 Lewisham Park, London SE13 6QJ Hours: Open · Closes 5PM Phone: <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 http://nationalonlinesafety.com/enrol/deptford-green-school complete your details and select "I am a: Parent/Carer" as your account type.	All parents and carers
Lewisham Foodbank	A foodbank that works using a voucher referral system. To find out how to make a referral for	https://lewisham.foodbank.org.uk/get-help/	All local people in crisis

	foodbank vouchers, follow their website.		
Place2Be	<p>Place2Be provides child counselling and mental health support in Deptford Green School. We have several dedicated Place2Be mental health professionals.</p> <p>They work closely with pupils, families and staff to improve emotional wellbeing and provide mental health support for the whole school.</p>	<p>Joanne.Small@place2be.org.uk</p> <p>Kevin.George@place2be.org.uk</p>	Counselling is available for students, parents and staff.
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>For Secondary school students (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</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>

	strategies to deal with fears and worries.		
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.	https://www.childbereavementuk.org/	Everyone who requires support.
Childline	Childline is a national support line helping all children and young people on various topics.	https://www.childline.org.uk/	For all children and young people
Cruse Bereavement Care	Providing support and advice around those who are affected by bereavement.	https://www.cruse.org.uk/	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.	https://kooth.com/	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.	https://www.maytree.org.uk/	Adults who are feeling suicidal
Mind	Mind provide advice and support to empower anyone experiencing a mental health problem. We campaign to	https://www.mind.org.uk/	Everyone who requires support.

	improve services, raise awareness and promote understanding.		
Campaign Against Living Miserably (CALM)	Aimed specially at men. Their 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 www.thecalzone.net	
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.	www.moodswings.org.uk	Everyone who requires support.
NSPCC	A national organisation offering support and protection to those suffering from child abuse.	https://www.nspcc.org.uk/	All children and young people
Our Time	Providing support to children and young people affected by parental mental health.	https://ourtime.org.uk/	All children and young people
Papyrus	A national charity dedicated to the prevention of young suicide.	https://papyrus-uk.org/	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.	https://www.samaritans.org/	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.	www.sane.org.uk	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	https://www.giveusashout.org/	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 www.thesilverline.org.uk	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	01823 334244 https://www.mankind.org.uk/	Male victims of domestic abuse

	as constant bullying or constant insults.		
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 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.	https://www.thinkuknow.co.uk/ https://www.ceop.police.uk/Safety-Centre/Should-I-make-a-report-to-CEOP-YP/Should-I-make-a-report-to-CEOP-concerned-adult/	Children, parents and professionals
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.	https://www.kidscape.org.uk/advice/ 020 7730 3300	Parents, carers, young people
Anxiety UK	Charity providing support if you have been diagnosed with an anxiety condition.	03444 775 774 www.anxietyuk.org.uk	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) www.beat.co.uk	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) www.familylives.org.uk	All parents/ carers

