




## Children & Young People Emotional Wellbeing and Mental Health

Young people experiencing suicidal thoughts and/or actively self-harming should be referred to CAMHS who develop safety plans at the point of referral & triage with more individualised plans devised once a clinician is allocated which is prioritised based on need. Mental health safety plans should be led by qualified clinicians.

Service	
	<p>A free, safe, and anonymous place for young people to access online counselling and support.</p> <p><b>Website:</b> <a href="http://www.kooth.com">www.kooth.com</a></p>
	<p>Lambeth CAMHS specialise in providing help and treatment for young people with emotional, behavioural and mental health difficulties.</p> <p>If you have an <u>urgent</u> mental health concern about a young person, please call Lambeth CAMHS on 02032287370 (9am – 5pm) and ask to speak to the duty clinician.</p> <p>On weekdays between 5pm -10pm, and weekends between 9am-9pm, please contact the CAMHS Crisis Line on 0203 228 5980.</p> <p>Outside of these hours, please contact the dedicated SLAM Mental Health Crisis Line on 0800 731 2864 or NHS 111.</p> <p>Please contact one of the above numbers before attending A&amp;E, as there may be alternative options that may be considered to safeguard young people and their families from unnecessary exposure to Coronavirus, during this unprecedented time.</p>
	<p>The UK's largest independent organisation specialisees in working psychologically, with people who identify as Black, African, South Asian and Caribbean. Their aim is to address the inequality of access to appropriate psychological services for Black people, which is a well-recognized reality. Their website provides a list of local and free resources and services for people of minority background who are seeking help.</p> <p><a href="https://www.baatn.org.uk/free-services/">https://www.baatn.org.uk/free-services/</a></p>



Confidential emotional support at any time from Samaritans.

**Telephone:** 116123

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)



Black Minds Matter works to make mental health topics relevant and accessible for all black people in the U.K. They aim to fulfil this by connecting black individuals and families with professional mental health services across the U.K – and they have created a fund to do just that. The site lists Black therapists and encourages people to get in touch to understand how finding the right therapist could be so beneficial.



24/7 free text service for anyone in crisis anytime & anywhere.

**Text:** 85258



Boloh supports Black, Asian or Minority Ethnic young people (aged 11+) and parents and carers who have been affected by Covid-19. You can call to talk through any worry or problem, including around issues such as bereavement, physical or mental health, financial issues, or unemployment, or bullying and racism. You can speak to someone in English, Gujarati, Urdu, Bengali, French, Spanish, Arabic, Punjabi, Mirpuri, Pothwari, Hinko, Hindi and Sundhi. Interpreters are available for other languages.

Webchat service available [here](#) during opening hours.

Phone: 0800 1512605 (opening times: 10am - 8pm, Monday – Friday & 10am - 3pm on Saturdays and Sundays)



Free, private, and confidential service that young people can access online and on the phone.

**Website:** [www.childline.org.uk](http://www.childline.org.uk)

**Telephone:** 0800 1111



Free confidential service for young people in Lambeth with difficulties about alcohol, drugs and sexual health.

Alcohol or drugs support contact: Valentina on 07917460749

Sexual health support contact: Pippa on 07771390729

Email: [lambeth@brook.org](mailto:lambeth@brook.org)



The Well Centre is health hub for young people aged 11 – 20 years old. The service has a doctor, counsellor and health & wellbeing practitioners.

**Website:** [www.thewellcentre.org](http://www.thewellcentre.org)  
**Telephone:** 020 8473 1581



Rape Crisis South London provides specialist counselling for those who have experienced sexual violence at any time, women and girls can refer themselves to Rape Crisis South London. They also have an outreach service that can offer advice on reporting (including historical abuse).

<https://www.rasasc.org.uk/>



HOPELINEUK is a confidential support and advice service for young people who are experiencing thoughts of suicide.

**Telephone:** 0800 068 4141  
**Text:** 07860 039 967  
**Email:** [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)