

# Young Peoples Signposting Directory

Issue 1

2/12/2020



### **Bexley Youth Advice**

Provides careers support, advice and guidance on a wide range of topics for young people ages 13 to 19 (up to 25 for young people with additional needs).

Call: 0203 045 5555

### **Bexley SEND IASS**

An independent service providing impartial and confidential information, advice and support to parents and carers of children with Special Educational Needs and/or Disabilities (SEND) and young people and children with SEND aged up to 25 years.

Call: 020 3045 5976

[www.bexleyiass.co.uk](http://www.bexleyiass.co.uk)

### **Bexley Moorings**

Offers one-to-one befriending and specific group sessions to young people, aged 8-17, who may be experiencing material or emotional deprivation, in crises, at risk or have a caring responsibility.

Call: 020 8304 9609

[www.bexleymoorings.co.uk](http://www.bexleymoorings.co.uk)

### **Childline**

A free private and confidential service that can be accessed online and on the phone. They can provide help and support for people up to their 19th birthday.

Call: 0800 1111

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

### **Child Exploitation and Online Protection**

CEOP help children stay safe online. Has someone acted inappropriately towards you online that makes you feel uncomfortable or someone being insistent on meeting up. You can report it here.

[www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)

### **HeadScape**

HeadScape has been designed for young people, by other young people in Bexley. HeadScape is a 'one stop' source of self-help about a range of mental health issues and conditions for young people to browse at leisure.

[www.headscapebexley.co.uk](http://www.headscapebexley.co.uk)

### **Imago- Bexley Young Carers**

Support for carers age 8-18 caring for a family member. (May need a referral but contact the hub for advice)

Call: 0300 111 1110

[www.imago.community](http://www.imago.community)

### **Kooth**

Provides online mental health services for children and young people. Access free, safe and anonymous support.

[www.kooth.com](http://www.kooth.com)

### **L.A.S (Life After Suicide)**

Life After Suicide (LAS) is a group of parents who lost their sons to suicide in Bexley and who came together to raise awareness of this devastating problem. They have set up a group offering help and support to under 18's.

Email: [l.a.s.enquiries@hotmail.com](mailto:l.a.s.enquiries@hotmail.com)

[www.supportaftersuicide.org.uk](http://www.supportaftersuicide.org.uk)

### **Mind in Bexley**

Mental health information, support and rights. GP/Healthcare Professional referral or self-referral form (available online, please note this is not a drop-in centre and an appointment is needed.

Call: 0208 303 8932

[www.mindinbexley.org.uk](http://www.mindinbexley.org.uk)

### **Metro Charity - LGBTQ**

Provides one-to-one counselling for young people who identify as LGBTQ and/or those experiencing issues relating to diversity, equality and identity.

Call: 020 8305 5009

[www.metrocharity.org.uk](http://www.metrocharity.org.uk)

### **Mental Health Crisis Line (Oxleas)**

The crisis line provides an opportunity to talk to a mental health professional about your mental health crisis.

0800 330 8590 (24 hour service)

### **Muslim Youth Helpline**

Helpline providing culturally sensitive support to Muslim youths under the age of 25. Outreach services including family mediation, face to face counselling and befriending

Call: 0808 808 2008

[www.myh.org.uk](http://www.myh.org.uk)

### **Papyrus**

#### **(Prevention of Young Suicide)**

Confidential advice and support for people affected by suicide and young people who feel suicidal.

Call: 0800 068 4141

Text: 07860 039 967

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

[www.papyrus-uk.org](http://www.papyrus-uk.org)

### **Rape and sexual Abuse Centre**

Rape Crisis South London, support for girls and women from 14 years old who have experienced rape, sexual violence and childhood sexual abuse.

Call: 0808 802 9999

[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

### **Runaway Helpline**

If you are thinking about running away, if you have already run away, or if you have been away and come back. A helpline is also available if you are worried that someone is going to run away or if they are being treated badly or abused.

Call: 116 000 (open 24 hours)

[www.runawayhelpline.org.uk](http://www.runawayhelpline.org.uk)

### **Samaritans**

Provides confidential listening service for anyone in distress 24 hours a day 365 days a year.

Call 116 123 for free

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

[www.samaritans.org](http://www.samaritans.org)

### **Shout 85258**

Shout is a free, confidential, anonymous service for anyone in the UK. They can help with a range of issues including anxiety, depression, suicidal thoughts, relationship problems, bullying or if you're feeling overwhelmed.

To start a conversation, text the word 'SHOUT' to 85258.

[www.giveusashout.org](http://www.giveusashout.org)

### **Solace**

Delivers a specialist domestic abuse service

Call: 0808 802 5565

Email:

[advice@solacewomensaid.org](mailto:advice@solacewomensaid.org)

[www.solacewomensaid.org](http://www.solacewomensaid.org)

### **Think Ninja**

A mental health app designed for 10 to 18 year olds. It allows young people to learn about mental health and emotional wellbeing, and develop skills to build resilience and stay well.

ThinkNinja can be downloaded from the App Store and Google Play.

### **The Mix**

The UK's leading support service for young people helping you to take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Free confidential helpline and counselling service.

Call: 0808 808 4994

[www.themix.org.uk](http://www.themix.org.uk)

### **Women's Aid**

If you are a child or younger person and have been affected by domestic abuse, Women's Aid can help.

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

**The next page contains a list of useful websites**

# Useful Websites:

[www.bbc.co.uk/radio1/advice](http://www.bbc.co.uk/radio1/advice) - Advice and information on wide range of issues including bullying, sex and relationships, drink and drugs, body and mind

<https://calmharm.co.uk/>

Calm Harm free app provides tasks to help you manage the urge to Self Harm

[www.childnet.com](http://www.childnet.com) - Site aimed at children and young people with advice on staying safe online, online games, chatrooms, email and mobile phones

[www.depressioninteenagers.co.uk](http://www.depressioninteenagers.co.uk) - An interactive site with resources for young people with depression using self help ideas and relaxation techniques

[www.disrespectnobody.co.uk](http://www.disrespectnobody.co.uk)

Understanding what healthy relationships are and what is not acceptable in a relationship

[www.divorceaid.co.uk](http://www.divorceaid.co.uk) - If you have concerns and fears relating to your parents divorce click on 'Child Aid' button at top of home page and then go to the Child or Teenager section as appropriate.

[www.docready.org](http://www.docready.org) - Helps young people get ready for the first time visiting a doctor to discuss mental health. Digital tools aimed at ensuring young people get the most out of their appointment with the doctor.

[www.dotcomcf.org](http://www.dotcomcf.org)

Giving children the tools to cope with risky situations

<https://youngminds.org.uk/find-help/medications/>

website for young people with information about mental health medication

[www.hopesupport.org.uk](http://www.hopesupport.org.uk) - If you are aged 11+ and a close family member has been diagnosed with a life threatening illness, you can access safe online support in a way that suits you.

[www.kidshealth.org](http://www.kidshealth.org) - Has a teens section dealing with issues like body image, sexual health, drugs, alcohol etc

<https://www.themix.org.uk/drink-and-drugs>

for information relating to drink and drugs

[www.lynnenamka.com](http://www.lynnenamka.com)

Good information on how to manage anger, section for young people and children

[www.nhs.uk/conditions/stress-anxiety-depression/](http://www.nhs.uk/conditions/stress-anxiety-depression/)

The NHS offers help for anyone feeling stressed, anxious or depressed, or who wants to improve their mental health and wellbeing: There is separate information on where to get urgent help for mental health

[www.nightline.ac.uk](http://www.nightline.ac.uk) - Trained student volunteers provide emotional support to students. Operating in the night when many other university services are closed.

[www.nightstop.org.uk](http://www.nightstop.org.uk)

Nightstop is a charity service which provides emergency accommodation for young people aged 16-25 experiencing homelessness, in the homes of community volunteers.

[www.shelter.org.uk](http://www.shelter.org.uk) - Shelter also provides information and advice to young people

[www.stem4.org.uk](http://www.stem4.org.uk)

A mental health charity for teenagers with lots of advice and support on issues such as self harm, addictions, eating disorders, depression

[www.studentsagainstdepression.org](http://www.studentsagainstdepression.org)

Site contains excellent information and help for anyone feeling depressed

[www.studentminds.org.uk](http://www.studentminds.org.uk)

The UK's student mental health charity. Peer support, Positive Minds Course, Eating difficulty groups.

[www.thebrightsidetrust.org](http://www.thebrightsidetrust.org) - Sometimes the only thing standing in the way of a young person achieving their education or career ambitions is a lack of information or support.

[www.thestudentroom.co.uk](http://www.thestudentroom.co.uk) - The largest student community in the world. Discuss anything - universities, health, relationships, lifestyle, finance, careers, jobs, and more.

[www.youthaccess.org.uk](http://www.youthaccess.org.uk) – Online information on local youth information, advice, counseling and support services

[www.healthtalk.org](http://www.healthtalk.org)

Click on Young People tab at top.

Collection of interviews with young people about their experience of health or illness.

You can watch videos, listen to audio or read interviews

**We hope you have found this directory useful. If you feel there are any other organisations you would like us to include please let us know:**

**Contact details:**

Email: [admin@healthwatchbexley.co.uk](mailto:admin@healthwatchbexley.co.uk)

Website: [www.healthwatchbexley.co.uk](http://www.healthwatchbexley.co.uk)

Tel: 0208 304 9344