

## Sources of Support for children and families

Sources of support	General support for children	Mental and Emotional Health Support				Specific issue support - Charities			
	Childline	Kooth	Young Minds	Papyrus Hopeline	Samaritans	Richmond Foodbank	Cruse Bereavement Care	Free2b Alliance (LGBTQ+)	Young Carers
What they can offer	<p>Information and advice for young people up to the age of 18 on a range of topics, including bullying, home and families, feelings, friendships and mental health.</p> <p>Someone to talk to on the phone or online.</p>	Free, safe and anonymous online support for young people	<p>Expert information about a range of mental and emotional health issues affecting young people, a parents helpline, and a messaging service for young people in crisis.</p> <p>Top tips for improving / protecting our mental health.</p>	A helpline and text messaging service for young people who are having suicidal thoughts or feelings.	A helpline for people who are feeling depressed or having suicidal thoughts or feelings.	Emergency food for people in crisis	Charity offering counselling and support for Bereavement.	Charity offering specialist advice for Lesbian, Gay, Bisexual, Transgender, Questioning + students and parents (including mentors /support groups).	Charity offering specialist support and activities. Our school link is Bridget Jones.
When might you use this service?	If you have questions that you are worried about asking someone or if you are struggling and need someone confidential to talk to.	To access counselling with a trained counsellor remotely.	<p>If you are a young person who is worried about your own or your friend's mental health.</p> <p>If you are a parent who is worried about their child's mental health.</p>	Suicide prevention for young people (under 25)	Suicide prevention for all ages groups	<p>If families are in financial difficulties and need support with essential groceries.</p> <p>For those who need a voucher, Citizens Advice will be operating online. We are also applying to be a referral partner.</p>	Bereavement support for all ages.	<p>If you identify as LGBTQ+ or are questioning your sexuality or gender.</p> <p>If you have a child who identifies as LGBTQ+ and would like to make contact with other parents .</p>	A child is taking on a caring responsibility for a family member with ill health or a disability
Contact Details	<p>0800 1111</p> <p><a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a></p>	<a href="https://kooth.com/">https://kooth.com/</a>	<p>Crisis Messenger: <b>Text YM to 85258</b></p> <p>Free 24/7 support <a href="https://youngminds.org.uk">youngminds.org.uk</a></p> <p><b>Young Minds Parents Helpline 0808 802 5544</b></p>	<p>Phone: 0800 068 4141</p> <p>Text: 07786209697 <a href="https://papyrus.org.uk">papyrus.org.uk</a></p>	<p><b>Phone: 116 123</b></p> <p>24/7, 365 days a year <a href="https://www.samaritans.org">www.samaritans.org</a></p>	<p><a href="https://richmond.foodbank.org.uk/">https://richmond.foodbank.org.uk/</a></p>	<p><b>Phone: 0808 808 1677</b></p> <p><a href="https://www.cruse.org.uk">https://www.cruse.org.uk</a></p>	<p><a href="https://free2b-alliance.org.uk/">https://free2b-alliance.org.uk/</a></p>	<p>Phone: 020 8867 2380/83</p> <p>Email: <a href="mailto:youngcarers@richmondcarers.org">youngcarers@richmondcarers.org</a></p>

### Key Services accessed through local authority SPA (Single Point of Access)

Sources of support	Family Support	Substance misuse service	Emotional Health (Tier 2)	Child & Adolescent Mental Health Service (CAMHS - Tier 3)	Youth Resilience Service
<b>What they can offer</b>	Early help team for families.	Achieving for Children early help specialist substance misuse treatment to young people aged 13 to 19 years and their families	Therapeutic support for anxiety, depression and other emotional health concerns.	A mental health assessment (Choices appointment) followed by regular therapeutic intervention and / or medication if threshold is met.	A specialised social work team which works with young people between 11 and 18 years of age, their families and carers.
<b>When would you suggest this?</b>	Support for families - for parents who are struggling to set boundaries, there is verbal conflict,	Alcohol or drug use.	Support for young people who have mild to moderate mental health difficulties, and their families	<b>Serious mental health concerns, especially involving self-harm and suicidal ideation / intent.</b> Neurodevelopmental assessments for Autistic Spectrum Difficulties & Attention Deficit and Hyperactivity Disorder.	This team gets involved with a young person where a number of issues have escalated to the point of crisis and the family's stability has been jeopardised to the point of breakdown.  Also includes the Youth Offending Team
<b>Contact Details</b>	<p>SPA main switchboard <b>020 8547 5008</b></p> <p>Online Referral form <a href="https://richmond.gov.uk/single_point_of_access_for_parents#report_online">https://richmond.gov.uk/single_point_of_access_for_parents#report_online</a></p>				