

Are you worried about your own thoughts, feelings or behaviours?

Don't know where to get advice or help?

Here is where you can go to get support.



If something is making you feel sad, upset or confused, it's best to talk to people you can trust like parents, carers or a good friend. Sometimes you may need extra help so it's important to know there are always places you can find extra help.



[www.kmhealthandcare.uk/your-health/mental-health-and-wellbeing/children-and-young-people](http://www.kmhealthandcare.uk/your-health/mental-health-and-wellbeing/children-and-young-people)



Online

## Kooth

Kooth offers free and confidential advice if you are aged between 10 and 25-years-old. You can chat with a team member about anything that's on your mind. The Kooth community is there to support you through anything. Big or small.

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



Online

## Moodspark

Moodspark is a place where children and young people in Kent can learn how to look after their emotional and mental health and find ways to help them bounce back when life gets tough.

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



Talk to someone

## Single Point of Access

Call the Single Point of Access (SPA) on **0800 011 3474** and talk to someone who is trained to help direct you to the right information, advice and support.

Or, if you prefer, go online and submit a SPA request for support form: [apps.nelft.nhs.uk/SPA-KentMedway-Support](https://apps.nelft.nhs.uk/SPA-KentMedway-Support)

Instagram: [kentandmedwaycamhs](https://www.instagram.com/kentandmedwaycamhs)



Text

## ChatHealth

ChatHealth is a text service for 11 to 19-year-olds in Kent and Medway. You can text a member of our team about any physical or emotional health concerns. In Kent text: **07520 618850**. In Medway text: **07480 635786**.

## Is everything too much and you need help right now?

Text 'Kent' or 'Medway' to **85258** or, if you are over 16, you can phone **0800 107 0160** for free in-the-moment help. Help is available 24-hours-a-day for every mental health concern.

[www.releasethepressure.uk](http://www.releasethepressure.uk)





F/C

## Eating disorders

Help and support is out there for those who have an eating disorder to enable them to take back control of their life.

[www.nelft.nhs.uk/services-kent-medway-eating-disorders](http://www.nelft.nhs.uk/services-kent-medway-eating-disorders)

Beat is a national organisation offering information and support online.

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

## Drug and alcohol use

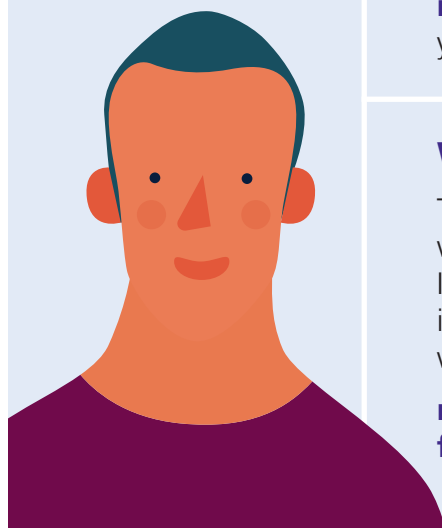
We Are With You offers free, confidential support for anyone aged 11 to 24 who is worried about their drug and/or alcohol use in Kent.

[www.wearewithyou.org.uk/services/kent-for-young-people](http://www.wearewithyou.org.uk/services/kent-for-young-people)

In Medway, Open Road has a Young People Service to provide information about how drugs and alcohol work, what the risks are and how to reduce those risks.

[www.openroad.org.uk/medway-young-person-drug-and-alcohol-service](http://www.openroad.org.uk/medway-young-person-drug-and-alcohol-service)

B/C



## Self-harm

The Mind and Body programme helps young people to better manage thoughts and behaviours associated with self-harm. In Kent, support is available for 13 to 25-year-olds while in Medway support is available for 18 to 25-year-olds. You can phone **01795 500882** from 9am to 5pm, Monday to Friday, to get advice about how to manage difficult thoughts and feelings.

[www.wearewithyou.org.uk/services/mind-and-body-in-kent](http://www.wearewithyou.org.uk/services/mind-and-body-in-kent)

Alumina is a free, online course for young people in Kent and Medway, aged 14-19 years, to support them in understanding and managing their self-harm.

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

## LGBTQ+

The BeYou Project offers a safe, welcoming and inclusive space where LGBTQ+ young people can meet, socialise and find the support they need.

Group and one-to-one support is available for children and young people aged between eight and 25.

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

Instagram: [beyoukent](https://www.instagram.com/beyoukent)

In Medway you can also email [hello@metrocharity.org.uk](mailto:hello@metrocharity.org.uk) for advice about your sexuality, gender, and identity.

## Worried about a friend?

The Mental Health Friends handbook was produced by young people in Kent. It has advice on how to support friends, including how to start a conversation, and what to do when a friend is struggling.

[moodspark.org.uk/mental-health-friends-handbook](http://moodspark.org.uk/mental-health-friends-handbook)

## National organisations that can also help:

Young Minds is the UK's leading charity fighting for children and young people's mental health. Whether you want to understand more about how you're feeling or you want to support someone who's struggling, they can help.

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

Childline – get help and advice about a wide range of issues by phoning **0800 1111** or visit the website.

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

