



REACH

Resilience, Ethnicity, and AdolesCent Mental Health



KING'S
College
LONDON

Need to talk?

Stressed? Worried? Angry? Sometimes it can be difficult to know where to turn for help.

If you're struggling with how you feel and need to talk, there are organisations there to listen.

We have made a list of useful websites and organisations that might be able to provide advice and support.



Confidential telephone, text and 1-2-1 online chat finding young people the best help whatever the problem. Provides free connections to local or national services.

Freephone: 0808 808 4994 (7 days a week, 1pm-11pm)

Crisis Messenger: text "THEMIX" to 85258

www.themix.org.uk



Free helpline for children and young people. It provides confidential telephone counselling service for any child with a problem.

Freephone: 0800 1111 (9am-midnight during coronavirus)

www.childline.org.uk



Need to talk?



Kooth provide online support for young people offering trained counsellors, real-people blogs, a daily journal feature and an online community.

www.kooth.com



YoungMinds offer information to children and young people about mental health and emotional wellbeing.

Crisis Messenger: text "YM" to 85258

www.youngminds.org.uk



Listen in confidence to anyone in emotional distress, without judging or telling people what to do, via phone, text and email.

Freephone: 116 123 (24 hours, 365 days a year)

www.samaritans.org



Need to talk?



Offers information, help and support for anyone affected by eating disorders.

Youthline: 0808 801 0711

www.beateatingdisorders.org.uk



Confidential information and advice for anyone concerned about their own or someone else's drug or solvent misuse.

Tel: 0300 123 6600 (24-hour service, 365 days a year)

www.talktofrank.com



A helpline for all LGBT+ people to talk about any issues causing difficulties.

Helpline: 0300 330 0630

www.switchboard.lgbt



Information about domestic abuse for young people with resources for how to manage, helplines and activities you can do to support yourself if someone in the home is going through domestic abuse

www.thehideout.org.uk/young-people/home



In Your Borough



This website contains useful links for staying safe, connecting to others in the Lambeth community and ideas for how to spend the time during coronavirus

<https://www.lambeth.gov.uk/young-peoples-guide-to-coronavirus/stay-positive>



The council has put together information about what you can do to take care of your mind and multiple links to local organisations

<https://www.southwark.gov.uk/health-and-wellbeing/public-health/for-the-public/coronavirus/health-advice/taking-care-of-your-mind>



Self-harm & Suicide



Supports young people impacted by self-harm, providing a safe space to talk, discuss your feelings and ask questions. Check the website for updates on their online evening courses with counsellors for young people.

www.selfharm.co.uk



Offers information and support particularly for suicidal thoughts in young people via a helpline, with specialist focus on the difficulties and distress in young people

Helpline: 0800 068 41 41

www.papyrus-uk.org



A leading campaign against suicide in men with various resources about a wide range of topics

Helpline: 0800 58 58 58

www.thecalmzone.net



Professional Services



Helpline for young people who are in need, in care, or leaving the care of Children's Services. Advocates provide advice, offer one-to-one advocacy support or make a referral to a local advocacy provider.

Tel: 0808 800 5792

Email: help@coramvoice.org.uk

www.coramvoice.org.uk



Promotes children's rights and gives legal advice and representation to children and young people.

<https://lawstuff.org.uk/contact-us/>

Support at your school

Alternatively, if you want to speak to someone at your school, you can contact your school counsellor or safeguarding lead.

For more information on REACH:

Phone: 07391482947

Email: reach@kcl.ac.uk

Website: www.thereachstudy.com

