**Local Support Services for CYP and Young People**

**during the Coronavirus Pandemic**

**Porchlight**

Help for families – accommodation, food banks, money & benefits, young people & family services, mental health support

<https://www.porchlight.org.uk/information-support/information-on-coronavirus>

Freephone helpline 0800 567 7699

**The Be You Project**

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

Support and meet ups for LGBT

Meet ups now postponed, with support over the telephone and online.

08000 50 20 20

**Kent Resilience Hub**

<https://kentresiliencehub.org.uk>

Supporting 10-16 year olds to cope better with the pressures of everyday life.

Online information on offering support.

**Release the Pressure**

<https://www.kent.gov.uk/social-care-and-health/health/release-the-pressure#speak-to-someone>

Online mental health support.

Text 85258

Phone 0800 107 0160

**Place3B**

<https://www.place2be.org.uk/our-services/>

Online information on supporting children and young people during

**Relate**

<https://www.relate.org.uk/relationship-help/talk-someone>

Children & Young Peoples Counselling

Live Chat, Webcam, Telephone

**NHS – Medway Young Peoples Wellbeing Services**

<https://www.nelft.nhs.uk/services-medway-young-persons-wellbeing>

Information and support

24hr support for mental health needs

0800 555 1000

**Talking Therapies**

<https://www.insighthealthcare.org>

Assessment via phone, therapy via Skype

0300 029 3000

**Samaritans**

<https://www.samaritans.org/>

Open 24 hours a day, seven days a week and provide confidential, non-judgmental emotional support

Samaritans Helpline: 08457 90 90 90    
Opening hours: 24 hours a day, 7 days a week  
Email: [jo@samaritans.org](mailto:jo@samaritans.org)  
Samaritans Text Service: 07725 90 90 90

**North Kent Mind**

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

From age 18

01322 291380

**NATIONAL LEVEL SERVICES**

**Kooth**

<https://www.kooth.com/>

Free, safe and anonymous online support for young people

Mobile phone app

**Rise Above**

<https://riseabove.org.uk/>

Online advice and support for young people

Inspiring and useful stories, videos, games and advice

**Young Minds**

<https://youngminds.org.uk/>

Online advice and support for young people

Crisis Messenger - Text YM to 85258 (FREE)

**Big White Wall**

<https://www.bigwhitewall.com/>

Online advice and support for young people

Anonymous online community where members can support each other.

Mobile phone app

**Stem4**

<https://stem4.org.uk/>

Online advice and support for young people

Supporting positive mental health for teenagers

**Mee Two**

<https://www.meetwo.co.uk/>

Online advice and support for young people

Mobile phone app

**Childline**

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

Online advice and support for young people

Phone 0800 1111

**The Mix**

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

Essential support for under 25s

Phone 0808 808 4994

1-2-1 chat online

Crisis Messenger

**Papyrus**

<https://papyrus-uk.org/>

Prevention of young suicide

Online advice and support

HOPELineUK: 0800 068 41 41

**CALM (Campaign Against Living Miserably)**

<https://www.thecalmzone.net/>

Support to young men in the UK who are down or in a crisis.

Online support and advice

0800 58 58 58 (Daily 17:00-midnight)

Webchat

[**Mental Health Matters**](https://www.mhm.org.uk/)

Helpline is a confidential service staffed by highly trained and experienced Telephone Helpline Workers, offering emotional support to anyone calling:

Opening hours: 24 hours a day, 7 days a week  
Email: [info@mentalhealthmatters.co.uk](mailto:info@mentalhealthmatters.co.uk)  
Mobile Freephone: 0300 330 5486  
Minicom: 0191 549 8563