



Mental Health Signposting Document

ORGANISATION 	PHONE 	WEBSITE 	ONLINE CHAT 
CAMHS NHS mental health services for children and young people.	0203 513 5000	swlstg.nhs.uk/camhs	x
Everyone Active Leader in gym and swim facilities, offering a wide range of fitness activities and classes.	0208 641 9480 or 07740433367	everyoneactive.com	x
Kooth Free digital platform providing anonymous mental health support for young people.	0203 398 9048	kooth.com	
Off The Record Provide counseling, online services, and special support for refugees and young carers.	0208 680 8899	talkofftherecord.org	
Mee Two Free mental health support app for young people to talk to talk with experts or people with similar issues.	x	meetwo.co.uk	Anonymous posts in the app allow chat with other people
Samaritans Free support line for people who are feeling desparate.	116123	samaritans.org	x
Help at Hand Support, advice and info for young people in care.	0800 528 0731 free	childrenscommissioner.gov.uk/help-at-hand	
Jigsaw4u Community mental health charity which provides specialist therapeutic support services for children and families across South West London.	0208 687 1384	jigsaw4u.org.uk	x

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Stopitnow ! Help if you are worried about your online behaviour or someone else's.	0800 1111 free 24/7	stopitnow.org.uk	x
Young Minds Mental health support.	Crisis text messenger 85258 free 24/7	youngminds.org.uk	x
B-eat support with eating disorders.	0808 801 0711 or 0808 801 0677 free confidential	beateatingdisorders.org.uk	
Children's Society support with various mental health and emotional issues for 13- 17s.	x	childrenssociety.org.uk	x
Childline Free, confidential service where you can free, talk about anything you want.	0800 1111 free 24/7	childline.org.uk	
SelfHarm UK Support with self harm.	x	selfharm.co.uk	x
Shout Crisis text messenger service (any age).	Text 85258 free 24/7	giveusshout.org/get-help	
The Mix Info and support for the under 25s for all kinds of issues.	0808 8084994 free	themix.org.uk	4-11 pm 