



Young  
Carers'  
Project



Kingston Carers'  
Network

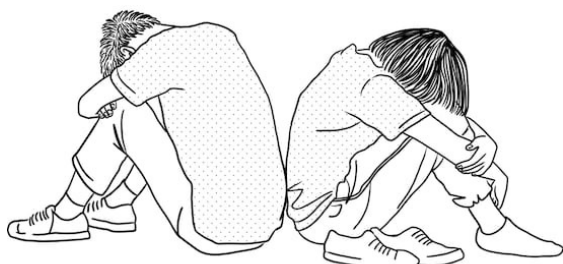
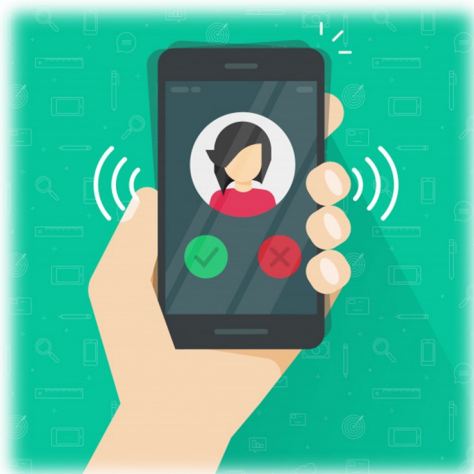
# Useful Helplines



**Crisis Helplines**

**Support and  
Advice**

**Local Services**



# Crisis Helplines

**Childline:** Call: [0800 1111](tel:08001111)

Childline is there to help anyone under 19 in the UK with any issue they're going through. Whether it's something big or small, their trained counsellors are there to support you.

**Samaritans:** Call: [116 123](tel:116123)

Samaritans a safe place for you to talk any time you like, in your own way, about whatever's getting to you. Samaritans is free, confidential and available any time, day or night, for people of any age across the UK and Republic of Ireland.

## Don't like making a phone call?

**Shout:** text Shout to [85258](tel:85258)

Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

**Kooth:** Visit [www.kooth.com](http://www.kooth.com)

Children and young people can access free online mental health support with a professional counsellor using the crisis messenger service.

**The Mix**—Crisis messenger service that is available 24 hours a day, 7 days a week, and a website with lots of helpful information and resources.

# Support and Advice

**The Mix:** call [0808 808 4994](tel:08088084994)

The Mix are there to help you take on any challenge you're facing – from mental health to money, from homelessness to finding a job, from break-ups to drugs.

**Age:** Under 25yrs

**Hours:** 11am to 11pm

**SANeline:** call [0300 304 7000](tel:03003047000)

SANeline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information.

**Age:** Over 16 affected by mental illness, including family, friends and carers.

**Hours:** 4:30-10:30pm

**HOPElineUK:** call [0800 068 41 41](tel:08000684141) / text [07786 209697](tel:07786209697)  
email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

HOPElineUK is a confidential support and advice service for young people who may be having thoughts of suicide, or anyone concerned that a young person may be having thoughts of suicide.

**Age:** under 35

**Hours:** 10am-10pm



## Support and Advice

**Switchboard:** call [0300 330 0630](tel:03003300630) / [online chat](#) /  
email [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt)

Switchboard is a confidential LGBT+ helpline there to listen and support you with anything that you want to talk about.

**Hours:** 10am to 10pm

**FRANK:** call [0808 16 89 111](tel:08081689111) / text 82111 / [online chat](#)

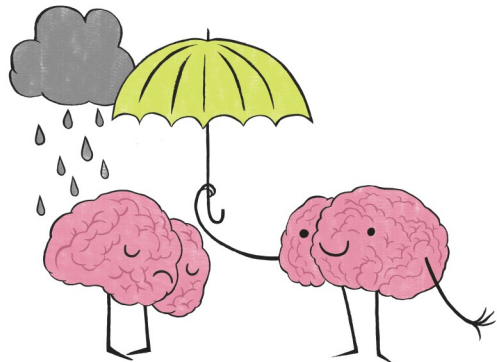
FRANK offers friendly, confidential support and advice to anyone concerned about drugs, including alcohol and legal highs.

**BEAT:** call: [0808 801 0711](tel:08088010711) (youthline) / [online chat](#) / [email](#)  
Beat provides support to help young people beat their eating disorders.  
**Hours:** 12pm-8pm

### Youth Wellbeing Directory

Search for support services near you:

[www.annafreud.org/on-my-mind/  
youth-wellbeing/find-a-service-near-  
you/](http://www.annafreud.org/on-my-mind/youth-wellbeing/find-a-service-near-you/)



## **National Domestic Abuse Helpline:**

**Call: [0808 2000 247](tel:08082000247) / online chat**

We are a team of highly-trained, female advisers. We won't judge you or tell you what to do; we are here to listen.

## **Mens Respect Line:** Call: [0808 8010327](tel:08088010327)

Our friendly Men's Advice Line Advisors will believe you, offer you non-judgmental emotional support, practical advice and information.

## **Local Services**

### **Connected Kingston:**

Has a wealth of information and local services in Kingston to contact. It is very simple and clear to use. [www.connectedkingston.uk](http://www.connectedkingston.uk).

### **Kingston Council**

You can search for local information, services and resources. This site is updated daily : [www.kingston.gov.uk/coronavirus](http://www.kingston.gov.uk/coronavirus)

### **SW London Mental Health Trust:**

Has a helpline available to anyone including children and young people. Online 24/7 call **0800 028 8000**

[www.swlstg.nhs.uk/patients-carers/crisis-support/mental-health-support-line](http://www.swlstg.nhs.uk/patients-carers/crisis-support/mental-health-support-line)

# CONTACT US!

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