

Support

Below are a number of organisations that can help with a range of issues

BULLYING

Anti Bullying Alliance

Has a list of helplines and websites that can provide information and support for children and young people who are being bullied.

[Website](#)

<https://www.anti-bullyingalliance.org.uk/tools-information/if-youre-being-bullied>

Bullying UK (part of Family Lives)

Non-judgmental support helpline that can provide advice with Family Support Workers available through Live Chat or via the confidential helpline. There is also a parent forum. Family Lives is available 24 hours a day, seven days a week. They can be contacted us about any family issue, big or small.

Tel: 0808 800 2222

[Website](#)

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

Child Line

Tel: 0800 1111

Information about bullying on the [Child Line website](#).

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/>

Direct Gov: Bullying

[Explains bullying](#) and the law in and outside school. Gives a definition for bullying and how to report bullying.

[Website](#)

<https://www.gov.uk/bullying-at-school>

EACH

EACH has a freephone Actionline for children experiencing homophobic bullying. It's open Monday to Friday 10am-5pm

Tel: 0808 1000 143

Young Minds

The voice for young people's mental health and wellbeing. Has information and support available online about bullying.

[Website](#)

<https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/>

DRUGS AND ALCOHOL

Lewisham's Young People's Drugs and Alcohol Service

The Hub is a drug and alcohol service for young people in Lewisham up to the age of 25 years old. They work across the borough and will come and see a young person wherever they feel comfortable, whether that is at home, in a café, or in another service or agency such as a youth club, a job centre or a school.

The Hub has a friendly and welcoming service base in Catford shopping centre where they hold activities and run group sessions, as well as seeing young people individually.

Address: 38 Winslade Way, Catford, SE6 4JU

Tel: 020 8690 3020

Email: TheHub@Lifelin.org.uk

FRANK

Friendly confidential drugs advice.

[Website](#)

SMS Text: 82111

Tel: 0300 123 6600

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

EATING DISORDERS

Beat

Support anyone affected by eating disorders, or difficulties with food, weight or shape.

Youthline: 0845 634 7650

[Website](#)

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

Young Minds

Young at Mind have an [info page](#) about bulimia.

[Website](#)

<https://youngminds.org.uk/find-help/conditions/bulimia/>

SEXUAL HEALTH AND PREGNANCY

Lewisham Sexual Health Services

There are four clinics across the borough that provide contraception, reproductive and sexual health services for men and women of all ages, including young people. The website has the addresses and a list of pharmacies that provide emergency contraception. [Website](#)

Knowledge is Power

Designed to empower and inform young people in southeast London about issues around contraception, sex, relationships, sexual health and related issues.

[Website](#)

<http://www.kisp.org.uk/>

Brook

Brook provides free and confidential sexual health services and advice for young people under 25.

[Website](#)

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

NHS Choices website – talking about sex

This webpage provides articles and videos in this section give tips on talking about sex with your partner, young child or teenager, and where to go for further information, help and support with your sexual health if you need it.

[Website](#)

<https://www.nhs.uk/live-well/sexual-health/15-things-young-people-should-know-about-sex/>

WELLBEING

Mindkit Youth Wellbeing Project

A Department of Health-funded project that provides free Wellbeing and Resilience Sessions to groups of young people aged 14 to 25 in schools, colleges, universities, youth centres, health settings and a variety of other community organisations. You can also train to become a Volunteer Youth Wellbeing Trainer if you are aged 16+.

[Website](#)

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

Contact Natasha Cock, Mindkit Project Manager, on 07764 967 930 or at natasha.cock@blmind.org.uk

Rise Above

Created by young people for young people, the [Rise Above website](#) aims to build emotional resilience in individuals aged 11 to 16 by equipping you with the skills and knowledge needed to make informed decisions, and help deal with the pressures of growing up. It also encourages conversations about the key health and wellbeing issues that affect teens and young people.

[Website](#)

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

Young Minds

The voice of young people's mental health and wellbeing

[Website](#)

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

MENTAL HEALTH AND COUNSELLING

Speaking to a GP

[Doc Ready](#) is a website that helps you to prepare for talking with your GP about your own mental health. With information, advice and guidance along with a practical tick list that you can print and take to your appointment.

[Website](#)

<http://www.docready.org/#/home>

Family Health Isis

African and Caribbean Mental Health Services in Lewisham.

[Website](#)

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

Kooth

Provides free online counselling support for young people aged 10-14 in Lewisham schools and for vulnerable groups of young people thanks to Big Lottery HeadStart Funding.

[Website](#)

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

Bromley & Lewisham Mind

Provides support services and activities for people with mental health needs in the Boroughs of Lewisham and Bromley.

[Website](#)

Tel: 01689 811222

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

Mind (national)

Gives information about where children and young people can get support with a mental health problem.

[Website](#)

<https://www.mind.org.uk/information-support/guides-to-support-and-services/children-and-young-people/#.XRNFiOhKiUk>

Mind also has a mental health [Infoline](#):

Tel: 0300 123 3393

SMS text: 86463

Place 2 Be

Is now providing support in schools in Lewisham thanks to Big Lottery HeadStart funding.

[Website](#)

<https://www.place2be.org.uk/>

Rethink

Provides information about looking after your own mental health, how you can support friends and family if they are experiencing mental health problems and the places where you can get support and advice.

[Website](#)

<https://www.rethink.org/advice-and-information/living-with-mental-illness/>

The Deborah Ubee Trust

Provides counselling to those who are otherwise unable to access it in the southeast of London.

[Website](#)

<http://www.thedeborahubeetrust.org.uk/>

Address: 20 Egerton Drive, Greenwich, London SE10 8JS

Time to Change

Working to end mental health discrimination in the UK.

[Website](#)

<https://www.time-to-change.org.uk/about-us/what-are-we-doing/children-and-young-people>

Young Minds

The voice of young people's mental health and wellbeing.

[Website](#)

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

Youth Access

For young people's information, advice and counselling.

[Website](#)

<http://www.youthaccess.org.uk/>

Bipolar UK

Supporting young people 18-25 affected by bipolar and their families.

[Website](#)

Tel: 020 7931 6486

Email: youth@bipolar.org.uk

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

Samaritans

If there's something troubling you, then get in touch. Available 24 hours a day, 365 days a year.

Tel: 08457 90 90 90 (call charges may apply)

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

INFORMATON & SUPPORT

ChildLine

Get help and advice about a wide range of issues, talk to a counsellor online, send ChildLine an email or post on the message boards.

[Website](#)

Tel: 0800 1111

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

Get Connected

Get Connected is a free, confidential helpline service for young people under 25 who need help, but don't know where to turn.

[Website](#)

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

Freephone: 0808 808 4994

SMS Text: 80849

The Mix

The mix is an online guide to life for 16-25 year-olds in the UK. They provide non-judgmental support and information.

[Website](#)

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

Youth Access

Young people's information, advice and counselling.

[Website](#)

<http://www.youthaccess.org.uk/>

Youth Health Talk.org

Reliable information for young people, from young people.

[Website](#)

<http://www.healthtalk.org/>

VIOLENCE & ABUSE

Kidsco

Provide practical, emotional and educational support to vulnerable children, young people and families. There is a drop-in service on Monday, Tuesday, Thursdays and Fridays between 12-4pm for assessments.

[Website](#)

<http://www.kidsco.org.uk/>

Respect

Respect's Young People's Service focuses on interventions with young people who use violence and abuse in close relationships, whether its relationship abuse, adolescent to parent violence or abusive behaviour within the family e.g. sibling abuse, young parent abuse.

[Website](#)

<https://respect.uk.net/>

SupportLine

SupportLine is able to take calls on a wide range of issues including relationships, child abuse, anger, bullying, eating disorders, exam stress, self harm, domestic violence, rape and sexual assault, disability, mental health, depression, anxiety, panic attacks, addictions, debt, phobias, conflict, sexuality, health concerns, homelessness, racial harassment, loneliness.

Helpline: 01708 765200

[Website](#)

<https://www.supportline.org.uk/problems/domestic-violence/>

HELP FOR PARENTS

Family Services UK

Provide parenting support programmes.

Address: 1 Creek Road, Deptford, SE8 3BT

Tel: 0208 265 1177

Email: info@familyservicesuk.org

[Website](#)

<https://www.together-uk.org/southwark-wellbeing-hub/the-directory/9408/family-services-uk/>

NHS Choices website – talking about sex

[This webpage](#) provides articles and videos in this section give tips on talking about sex with your partner, young child or teenager, and where to go for further information, help and support with your sexual health if you need it.

[Website](#)

<https://www.nhs.uk/live-well/sexual-health/15-things-young-people-should-know-about-sex/>

Parent Support Group

Works with parents, carers and young people in Lewisham.

Helpline: 07908 101767

Administration: 07985 408407

Email: admin@psg.org.uk

[Website](#)

<http://www.psg.org.uk/>

Royal College of Psychiatrists

Have specifically tailored information for young people, parents, teachers and carers about mental health related issue

[Website](#)

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>

Young Minds

Young Minds is the voice for young people's mental health and wellbeing. They have information online for parents and a parent helpline.

Tel: 0808 802 5544

[Website](#)

<https://youngminds.org.uk/find-help/for-parents/>

LGBTQ

Metro Youth

METRO Youth provides free and confidential services to LGBTQ (lesbian, gay, bisexual, transgender and those questioning their sexuality or gender) YP in South East London.

Tel: 020 8305 5000

[Website](#)

<https://metrocharity.org.uk/youth>