

SYDENHAM SCHOOL

DARTMOUTH ROAD

LONDON

SE26 4RD

0208 699 6731

PARENT/CARER **SUPPORT DIRECTORY**

We cannot guarantee that all of this information is up-to-date so please only use the directory as a guide.

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1) Addiction – see also Drug / Solvent / Alcohol / Chemical Abuse – dependency

Alateen

Alateen is for teenage relatives and friends of alcoholics. Alateen is part of Al-Anon
020 7593 2070 <https://www.al-anonuk.org.uk/alateen/>

Alcoholics anonymous

0800 0086 811

Children of Addicted Parents and People (COAP)

Via website only

National Association for Children of Alcoholics

0800 358 3456

OK Rehab

specialist drug and alcohol treatment provider, offering inclusive treatment options in the community and residential settings

<https://www.okrehab.org>

Young People and Gambling

0808 8020 133

2) Advice and Online Support Directories

Platform One-Forest Hill Youth Project



Platform 1 is a youth project based in Forest Hill.

Platform One is an advice, information and counselling service in a caring environment for young people aged 16 – 25 years old. The staff at Platform One provide advice, information, Youth counselling, education training support and assistance with personal development.

The project runs a number of workshops including music, dance, drama and photography. Drama takes place on Wednesdays 7pm – 9pm, music Thursdays 7pm – 9pm and music/dance hip-hop on Fridays 7pm – 9pm.

They also run a drop-in centre where young people can come for help and support on issues such as housing, education, employment, benefits and health.

Address: 2-4 Devonshire Road, Forest Hill, London, SE23 3TJ

Tel: 0208 699 4036

Website: <http://www.platform-1.org>

Baseline drop-in service - where young people can go for information, advice and guidance

Lewisham Library,

199-201 Lewisham High St,

London SE13

020 8314 7549

Youth Access

1a Taylors Yard

67 Alderbrook Road

Lewisham

Children and Young People's Directory

www.lewisham.gov.uk/HealthAndSocialCare/ChildrenAndFamilyCare/ChildrensDirectory

Southwark

Children and Young People's Directory

www.southwarkcis.org.uk

Lambeth

Children and Young People's Directory

www.younglambeth.org.uk

Bromley

Community Organisations

www.bromley.gov.uk/community/organisations

3) Asperger's Syndrome

PRIORY MANOR CHILD DEVELOPMENT CENTRE

Priory Manor Child Development Centre
1 Blagdon Road, London SE13 7HL
020 7771 4500

PHOENIX CHILDREN'S RESOURCE CENTRE

Phoenix Children's Resource Centre
Bromley PCT
40 Mason's Hill, Bromley BR2 9JG
020 8466 9988

4) Autistic Spectrum Disorder (ASD)

ALAS (All Lewisham Autism Support)

Email: AlasEnquiry@black1.org.uk
www.bach.demon.co.uk/alas/

National Autistic society

www.nas.org.uk/

Autism Helpline

Information, advice and support for people with ASDs, families and carers, and professionals
0845 070 4004
Open Monday – Friday 10:00am – 4:00pm

NEMFLA – Supporting Ethnic Minority Families Living with Autism

Meeting the Needs of Ethnic Minority Families living with Autism (NEMFLA) is a new and unique project, which will provide free advice and support to Black and Ethnic Minority families living with Autism Spectrum Disorder (ASD).

Address: St. Michael Associates, 368 Old Kent, SE1 5AA
Tel: 0207 708 3939
Email: info@stmichaelassociates.org.uk

5) Bereavement

CRUSE Bereavement Care

Day by Day Helpline 0870 167 1677

Email: helpline@cruse.org.uk

Central Office

Cruse Bereavement Care
Cruse House, 126 Sheen Road
Richmond, Surrey

TW9 1UR
020 8939 9530
www.crusebereavementcare.org.uk/

Winston's Wish Bereavement Charity for Children

How to contact Winston's Wish

General Enquires 01242 515157
Helpline 0845 20 30 40 5
www.winstonswish.org.uk/

Winston's Wish

The Clara Burgess Centre
Bayshill Road
Cheltenham
GL50 3AW
0845 20 30 40 5

St Christopher's Hospice Candle Project

51-59 Lawrie Park Road, Sydenham, London SE26 6DZ
Contact number: 0208 768 4500
Contact hours Mon – Fri 9.00am – 5.00pm

Bromley Community Bereavement Service

St Mary's Church House, 61 College Road, Bromley, Br1 3QG
Contact number: 0208 290 6293
bromleybereavement@btinternet.co
Office hours Mon-Fri 10:00am – 5:00pm (24 hour answer phone)

6) Birth Control / Pregnancy / Teenage motherhood

Family Planning Association

The low-cost national helpline number is 0845 310 1334 (Monday to Friday 9am-6pm)
50 Featherstone Street
London, EC1Y 8QU
020 7608 5240
www.fpa.org.uk

British Pregnancy Advisory service

Head office
4th floor
Amec House
Timothy's Bridge Road
Stratford –upon-Avon
CV37 9BF
0870 365 5050
To book an appointment, please call the National Action line on:
08457 30 40 30
www.bpas.org

Brook Advisory

421 Highgate Studios
53-79 Highgate Road
London NW5 1TL
0207 284 6040

General email: admin@brookcentres.org.uk

If you are under 25 contact the Young People's Information Service at Ask brook or ring the helpline on **0800 0185 023** (Monday to Friday, 9am-5pm).

For information on key sexual health issues any time of day and night call the 24-hour information line 020 7950 7700.

www.brook.org.uk

Brook

Central Lewisham Clinic
410 Lewisham High Street
SE13 6LL
020 7703 9660

Marie Stopes International

153-157 Cleveland Street
London, W1T 6QW

For UK medical appointments and information either:

0845 300 80 90

Email: services@mariestopes.org.uk

Young person's website:

www.likeitis.org/indexuk.html

Lewisham Young Women's Resource Project

308, Brownhill Road, Catford SE6 1AU
020 8698 6675

www.youngvoicesatlywrp.org

7) Bullying/Victim Support

Bullying/Victim Support

www.textsomeone.com

www.bullying.co.uk/

ChildLine

Tel 0800 1111

Provides a special helpline called The Line for any young person **living away from home**. This is the helpline for you if you live in a foster home or children's home, if you're at boarding school or you've been in hospital for a long time. You can call The Line on 0800 88 44 44 from 3:30pm to 9:30pm on weekdays and 2pm to 8pm at weekends.

www.childline.org.uk/

Contact number for ChildLine's office in London and South East 020 7650 3200. Please do not contact this office if you wish to speak to a counsellor. Instead, call 0800 1111.

Victim Support Lewisham

300 Sangley Road

Catford

London, SE6 2JT

0208 698 4583

Email: enquiries@victimsupport-lewisham.org.uk

Kidscape campaign for children's safety

Kidscape

2 Grosvenor Gardens

London, SW1W 0DH

020 7730 3300

Helpline: 08451 205 204

www.kidscape.org.uk/info/history.html

Our Helpline is for the use of parents, guardians or concerned relatives and friends of bullied children. If you are a child and are experiencing bullying problems, then please visit or ring ChildLine 0800 1111

EACH Actionline

(A freephone Actionline for children experiencing homophobic bullying) – 0808 1000 143, website – <http://www.each.education/support/homophobic-bullying/>.

Respect

Focus 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 – <http://respect.uk.net/work/respect-young-peoples-service/>

<http://www.teensagainstabuse.org>

8) Cancer

Macmillan Cancer Support

0808 808 00 00

9) Children Missing

Runaway Helpline

116 000

10) Children of Prisoners

National Information Centre on Children of Offenders

Via website only

National Prisoners' Families Helpline

0808 808 2003

11) Children's Charities

Action for Children

Via website only

Barnardos

Via website only

Childline

0800 1111

Children's Society

Via website only

National Society for the Prevention of Cruelty to Children (NSPCC)

42 Curtain Road

London

EC2A 3NH

0207 825 2500

0800 800 500 (Helpline)

www.nspcc.org.uk

12) Children's Rights

Children's Legal Centre

University of Essex

Wivenhoe Park

Colchester

Essex CO4 3SQ

www.childrenslegalcentre.com

01206 872 466

0845 456 6811 Education Law Advice Line

Young people's free phone number: 0800 783 2187
National Education Law Advice Line: 0845 345 4345

Parent line: 0845 120 2948 (advice for parents on legal issues, e.g. contact and residence)
Lines open Mon-Fri 9:30am – 5:00pm
Please note that the children's Legal Centre does not provide advice on criminal offences/juvenile justice.

13) Citizens Advice

National Association of Citizens Advice Bureaux

For information

www.citizensadvice.org.uk

Tel: 020 7833 2181

Catford Citizens Advice Bureau

120 Rushey Green

Catford

London

SE6 4HQ

Tel: 08701 264 037

Sydenham Citizens Advice Bureau

299 Kirkdale

Sydenham

London

SE26 4QD

Tel: 08701 264 037

Addington Citizens Advice Bureau

1A Overbury Crescent

New Addington

Croydon

Surrey

CR0 0LR

Tel: 01689 846 890

Bromley Town Citizens Advice Bureau

Community House

South Street

Bromley

Kent

BR1 1RH

Tel: 020 8315 1940

14) Counselling and emotional health

British Association for Counselling and Psychotherapy

Via website only

Bromley Y – Enabling Young People & Families



Bromley Y offers free therapeutic support to young people between the ages of 0 -18 years. It aims to provide a safe, friendly environment for young people to explore the difficulties that they may be experiencing, helping them to identify new ways forward.

Address: 17 Ethelbert Road, Bromley, BR1 1JA
Tel: 0208 464 9033 / 020 3770 8848
Email: info@bromleyy.org

Faces in Focus

Advice, information, support and counselling for young people in Southwark and the surrounding areas.

Address: 102 Harper Road, London, SE1 6AQ
Tel: 020 7403 2444
Email: reception@facesinfocus.org.uk
Website: facesinfocus.org.uk



advice, information, support & counselling for young people

The Deborah Ubee Trust

Promotes the value of emotional health and well-being by offering therapeutic services to all, irrespective of ability to pay. They offer a range of therapies and holistic treatments, support and training to placement counsellors and continuing professional development to practitioners.

Address: 20 Egerton Drive, Greenwich, SE10 8JS
Tel: 020 8305 6460
Email: reception@thedeborahubee Trust.org.uk



Rise Above

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 – riseabove.org.uk

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They also run a drop-in centre where young people can come for help and support on issues such as housing, education, employment, benefits and health.

Address: 2-4 Devonshire Road, Forest Hill, London, SE23 3TJ
Tel: 0208 699 4036
Website: <http://www.platform-1.org>

15) Crime (see also Youth Crime & Youth Offending)

Crime Stoppers

0800 555 111

Fearless (Crime Stoppers for Young People)

Via website only.

Crime Reduction Initiative - Lewisham Young People's Substance Misuse Service

CRI is a social care and health charity working with individuals, families and communities across England and Wales that are affected by drugs, alcohol, crime, homelessness, domestic abuse and antisocial behaviour.

Projects, delivered in communities and prisons, encourage and empower people to regain control of their lives and motivate them to tackle their problems.



Address: Eagle House, 290 Lewisham Road, Lewisham SE13 7PA
Main contact: Adrian Yearwood/Hayley Reed
Tel: 07766 652 913 / 0208 297 7941
Email: Adrian.yearwood@cri.org.uk

Crime Reduction – Neighbourhood Community Safety

(Radicalisation and travel to conflict areas) – 0208 314 7531, prevent@lewisham.gov.uk

16) Domestic Abuse

Galop (LGBT)

0800 999 5428

National Domestic Violence Helpline

0808 2000 247

Refuge

0808 2000 247

<http://refuge.org.uk>

Women's Aid

(Support for Adults and children R.E. Domestic Violence) 0808 2000 247

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

17) Drug / Solvent / Alcohol / Chemical Abuse – dependency

The Hub - Lewisham's Young People's Drugs and Alcohol Service

The Hub is a free and confidential service that helps young people up to the age of 25 with their drug and/or alcohol use. They 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@Lifeline.org.uk
Opening Hours: Monday to Friday 9am to 6pm,
Late night sessions available at a variety of locations

Crime Reduction Initiative - Lewisham Young People's Substance Misuse Service

CRI is a social care and health charity working with individuals, families and communities across England and Wales that are affected by drugs, alcohol, crime, homelessness, domestic abuse and antisocial behaviour.

Projects, delivered in communities and prisons, encourage and empower people to regain control of their lives and motivate them to tackle their problems.

Address: Eagle House, 290 Lewisham Road, Lewisham SE13 7PA
Main contact: Adrian Yearwood/Hayley Reed
Tel: 07766 652 913 / 0208 297 7941
Email: Adrian.yearwood@cri.org.uk

Alcoholics Anonymous

<http://www.alcoholics-anonymous.org.uk/>

National Helpline: 0845 769 7555

London

Southern service Office (London) 2nd Floor – Jacob House, 3 Cynthia Street,

London N1 9JF

020 7833 0022

10.00am to 1.00pm daily

Answering machine at other times

Al-Anon Family Groups UK & Eire

Great Dover Street

London, SE1 4YF
020 7403 0888 (Helpline 10am – 10pm, 365 days a year)
Email: enquires@al-anonuk.org.uk
www.al-anonuk.org.uk/alanon
www.al-anonuk.org.uk/alateen

National Drugs Helpline

UK National Drugs helpline: 0800 77 66 00
www.urban75.com/Drugs/helpline.html

Community Drug Education Project (CDEP)

Mornington Centre
Stanley Street
Lewisham
London
SE8 4BL
020 8691 0550
www.drugsinfo.org.uk

Turning Point ACAPS (Lewisham)

Turning point –ACAPS has a drug Education Worker who works with schools to provide information and advice on drugs, alcohol and tobacco in classroom settings and drop-in sessions. ACAPS also offers a text messaging service.

Turning Point ACAPS lifestyle Options Project (LOPS)

Provides support and a range of opportunities for young people aged 10 – 25 who may be experiencing problems with drugs and/or alcohol.
020 7738 3427

Lewisham Drug Strategy Team

23 Mercia Grove,
London
SE13 6BJ
020 8314 8226

FRANK

For a free confidential drugs information and advice 24 hours a day (Tel 0800 776600)
If you're deaf you can Textphone FRANK on 0800 917 8765. Or email frank@talktofrank.com
www.talktofrank.com/

National AIDS Trust (NAT)

New City Cloisters
118-196 Old Street
London
EC1U 9FR
0207 814 6767
www.nat.org.uk

18) Dyslexia

British dyslexia Association

www.bdadyslexia.org.uk/

For enquires about dyslexia:

Helpline: 0118 966 8271

Email: helpline@bdadyslexia.org.uk

For general enquires:

The British Dyslexia Association

98 London Road,

Reading

RG1 5AU

0118 966 2677

Email: admin@bdadyslexia.org.uk

Also Deptford Green School is Lewisham Borough's Dyslexia Resource Centre

The following organisations can help with dyslexia assessments:

British Dyslexia Association

DyslexiaAction

Helen Arkell

Patoss

19) Eating Disorders

Beat – <http://b-eat.co.uk>

Helpline 0345 634 1414

Youth line 0345 634 7650

20) Ethnic support groups / race equality / refugees

CRE (Commission for Racial equality)

020 7939 0000

St Dunstan's House

201-211 Borough High Street

London

SE1 1GZ

020 7939 0000

Email: info@cre.gov.uk

www.cre.gov.uk/

Lewisham Asylum Seeker Team

1st Floor Laurence House

1 Catford Road

London

SE6 4RU
020 8314 9494
Asylum Aid
www.asylumaid.org.uk/

Asylum Aid
28 Commercial Street
London
E1 6LS
020 7377 5123

Immigration Advisory Service
County House
190 Great Dover Street
London
SE1 4YB
020 7967 1200

Refugee Council
020 7346 6777
Open Mondays, Tuesdays, Thursdays, Fridays: 10am – 1pm and 2 – 4pm,
Wednesdays 2-4pm

Lewisham Refugee Network
Parker House
144 Evelyn St
Deptford
SE8 5DD
020 8694 0323

Child, Family and Adolescent Service
28-29 Carlton Parade,
Orpington
BR6 OJB
Referral via GP/School
020 8315 4430

Bromley Mind
5 Station Road
Orpington
Kent
01689 81 12 22
Email: email@bromleymind.org.uk
www.bromleymind.org.uk

Mental Health

Kaleidoscope
32 Rushey Green
SE6 4JF
0207 138 1100

Building Bridges

Part of the Family Welfare Association
Support for children living with parents with mental health issues
0208 690 3636

21) E- Safety

Child Exploitation Online Protection Centre

Via website only

National Professionals Online Safety Helpline

0344 381 4772

Net-Aware

Via website only

Safer Internet

Via website only

Think U Know

Via website only

22) Faith

Muslim Youth Helpline

0808 808 2008

23) FGM

African Advocacy Foundation - Support around Female Genitals Mutilation(FGM) and HIV



AAF provides information, advice and guidance to enable full participation in community life. It offers free and confidential sexual health information, advice and counselling services

including female genital mutilation, HIV peer support and testing service, contraception advice, awareness and training, the provision of free condoms and mental health services.

Address: 76 Elmer Road, Catford, SE6 2ER
Tel: 0208 698 4473
Opening Hours: Monday – Friday 10am – 6pm

Africans Unite Against Child Abuse

Via website only

Daughters of Eve

Via website only

Forward UK

0208 960 4000

NSPCC FGM Helpline

0800 028 3550

24) Forced Marriage

Karma Nirvana

0800 5999 247

25) Health

Well Centre – Youth Health

The Well Centre is a youth health centre for young people aged 13-20 who can drop-in to see a youth worker, counsellor or doctor. No appointment needed, just turn up, to discuss any health concerns or worries in a safe and confidential space.

Address: 16 Wellfield Road, Streatham, London, SW16 2BP
Tel: 0208 473 1581
SMS: 07797 805 819
Email: info@thewellcentre.org
Website: www.thewellcentre.org
Opening Hours: Monday, Wednesday, Thursday, 3.30pm – 6.30pm



Young People's Health Project

Confidential Advice

0207 771 4672 / 0207 771 4745 (3:45-6:00pm)

26) Helplines

Childline (Confidential support for children) – 0800 1111

Samaritans (helpline for adults and children) – 08457 90 90 90

Papyrus (Prevention of Young Suicides) – 0800 068 4141, pat@papyrus-org.uk, 07786 209 697
Papyrus provides confidential help and advice to young people and anyone worried about a young person who may be at risk of suicide.

Get Connected (free, confidential helpline service for young people under 25 who need help, but don't know where to turn) – 0808 808 4994, Text: 80849, Website getconnected.org.uk

KOOTH.com (Free, anonymous, confidential online support for young people)

The Site (a guide to life for 16-25 year-olds in the UK providing non-judgmental support and information) website – www.thesite.org

SupportLine (Confidential emotional support for children, young adults and adults) – 01708 765200, website – supportline.org.uk

United Kingdom Council Psychotherapy (Register of Private Psychiatrists) – 0207 014 9955

Young Minds (Parent Information around mental health issues) – 0808 802 5544, website – youngminds.org.uk

Mind (information on local help and support with a mental health problem) – 0300 123 3393, 9am to 6pm, Monday to Friday (except for bank holidays), info@mind.org.uk, text – 86463, website – mind.org.uk

Mind Bromley & Lewisham – 01689 811222, email@blmind.org.uk, [website – blmind.org.uk](http://website-blmind.org.uk)

Royal College of Psychiatrists (specifically tailored information for young people, parents, teachers and carers about mental health related issues) website – <http://www.rcpsych.ac.uk/expertadvice/youthinfo.aspx>

bipolar UK: supporting people affected by bipolar (supporting young people 18-25 affected by bipolar and their families) – 020 79316486, website – bipolar.org.uk/youth, youth@bipolar.org.uk

Family Health Isis (African and Caribbean Mental Health Services in Lewisham) website – familyhealthisis.org

Rethink (information about [looking after your own mental health](#), [how you can support friends and family](#) and [places where you can get support and advice](#)) website – rethink.org

Time to Change (working to end mental health discrimination in the UK) website – time-to-change.org.uk

Youth Access (young people's information, advice and counselling) website – youthaccess.org.uk

Youth Health Talk.org (reliable information for young people, from young people) website – healthtalk.org

Beat (Beating Eating Disorders) – 0845 634 7650, website – b-eat.co.uk

The Runaway Helpline – 0808 800 7070 / Freefone 116 000, 116000@missingpeople.org.uk, text – 116000

Victim Support (Support for victims of crime) – 0845 3030 900

SANE (Support for people experiencing mental health problems and their families and carers) – 0845 767 8000

Youth 2 Youth (For young people being bullied) – 0208 896 3675

NSPCC Female Genital Mutilation Helpline – 0800 028 3550

Worklife Support (Confidential support for professionals) – 08000 856 148

Refuge (for women and children against Domestic Violence) – 0808 2000 247

Serious Violence Team – Fergus Downie 07545 737 463, Fergus.downie@lewisham.gov.uk

NSPCC Gangs Helpline – 0808 800 5000, help@nspcc.org.uk, Ian Alderson – Lewisham Police 07798 922 032,

Young People Substance Misuse Treatment Service – 0208 297 7941

Addiction and KCA Young People's Services (Friendly and expert advice and information about drugs and alcohol) website – addaction.org.uk

FRANK (Friendly confidential drugs advice) – 0300 123 6600, text – 82111, website – talktofrank.com

Brook (provides free and confidential sexual health services and advice for young people under 25) Website – brook.org.uk

Knowledge is Power (to empower and inform young people in southeast London about issues Around contraception, sex, relationships, sexual health and related issues) website – kisp.org.uk

NHS Direct (Guidance around medical concerns) – 0845 4647

NHS Choices website – talking about sex (articles and videos giving 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).
Website – nhs.uk/livewell/talkingaboutsex/Pages/Talking-about-sex-hub.aspx

Youth MARAC (Child Sexual Exploitation) – Fergus Downie 07545 737 463,
janet.rolt@lewisham.gov.uk

Alateen (Support for teenage relatives and friends of alcoholics) – 0207 403 0888, for meetings call 0207 593 2070

Healthwatch Lewisham (help to find local health and social care services in the area) website – www.healthwatchlewisham.co.uk, info@healthwatchlewisham.co.uk

27) Homeless Support

SHIP Team – Assessment and Referral Service for Vulnerable Single Homeless People

A centralised assessment and referral service responsible for preventing homelessness and placing vulnerable single homeless people with support needs into supported accommodation. Clients must have a local connection with Lewisham.

Address: 38 Winslade Way, Catford, SE6 4JU
Tel: 0208 314 3020
Email: ship@lewisham.gov.uk
Opening Hours: Monday, Tuesday, Thursday, Friday 9.30am – 3.30pm
Wednesday 12.30pm – 3.30pm

28) Housing

Shelter

0808 800 4444

Platform One-Forest Hill Youth Project

Platform 1 is a youth project based in Forest Hill.



Platform One is an advice, information and counselling service in a caring environment for young people aged 16 – 25 years old. The staff at Platform One provide advice, information, Youth counselling, education training support and assistance with personal development.

The project runs a number of workshops including music, dance, drama and photography. Drama takes place on Wednesdays 7pm – 9pm, music Thursdays 7pm – 9pm and music/dance hip-hop on Fridays 7pm – 9pm.

They also run a drop-in centre where young people can come for help and support on issues such as housing, education, employment, benefits and health.

Address: 2-4 Devonshire Road, Forest Hill, London, SE23 3TJ
Tel: 0208 699 4036
Website: <http://www.platform-1.org>

29) Jobs and Training

Lewisham Connexions Service

209 – 211 Lewisham High St

Lewisham

SE13 6LY

020 8297 3330

www.connexions.gov.uk

Parent Support Group

1:1 Support for Parents

0208 469 0205 (Helpline)

30) Life Skills

Young Lewisham Workshop

Kilmorie Road

Catford SE6

0208 291 9771

Media Arts Programme

0208 855 0557

Prince's Trust

0800 842 842

www.princes-trust.org.uk

31) LGBT

Homosexual Gay / Lesbian Advice

Support for lesbian, gay, bisexual and transgender communities

Stonewall – The national organisation group for LGBT equality

46 Grosvenor Gardens

London SW1W 0EB

020 7881 9440

EACH Actionline

(A freephone Actionline for children experiencing homophobic bullying) – 0808 1000 143,
website – <http://www.each.education/support/homophobic-bullying/>.

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.

Address: METRO Greenwich, 141 Greenwich High Road, SE10 8JA –
Tel: 020 8305 5000
Email: info@metrocharity.org.uk
Website: metrocentreonline.org/youth-services

Terence Higgins Trust

314-320 Grays Inn Road
London
WC1X 8DP
0207 812 1600
www.tht.org.uk

Youth Access

1a Taylors Yard
67 Alderbrook Road
London
SW12 8AD
0208 772 9900
www.youthaccess.org.uk

Baseline drop-in service - where young people can go for information, advice and guidance

Lewisham Library,
199-201 Lewisham High St,
London SE13
020 8314 7549

Young People's Health Project

Confidential Advice
0207 771 4672 / 0207 771 4745 (3:45-6:00pm)

One Parent Families

255 Kentish Town Road
London
NW5 2LX
0207 428 5400
0800 018 5026 – Lone Parent Helpline
www.oneparentfamilies.org.uk

National Society for the Prevention of Cruelty to Children (NSPCC)

42 Curtain Road
London
EC2A 3NH

0207 825 2500
0800 800 500 (Helpline)
www.nspcc.org.uk

National AIDS Trust (NAT)

New City Cloisters
118-196 Old Street
London
EC1U 9FR
0207 814 6767
www.nat.org.uk

Stonewall

0207 593 1850

Gires – Transgender support

Via website only

Mermaids – Transgender support

0808 801 0400

32) Looked After Young People

Coram Voice

0808 800 5792

The Care Advice Line

020 7017 8901

Foster Carer Therapist Service 020 7955 4583

Lewisham ART Service 020 8314 9742

Lewisham Children Looked After the Wickham Project

020 8692 4329

33) Mental Health

**Anna Freud National Centre for Children
& Families**

Via website only

Anxiety UK

03444 775 774

Beacon House

An integrated mental health and occupational therapy service offering a range of assessments and therapies for children, families, and adults.

Beacon House, Unit B Madam Green

High Street, Oving, Chichester, PO20 2DD
<https://beaconhouse.org.uk/contact/>

B-eat eating disorders

0808 801 0711

Bipolar UK

0333 323 3880

CALM (Campaign Against Living Miserably)

0800 58 58 58

Charlie Waller Memorial Trust

Via website only

HeadMeds

Via website only

Heads Together

Via website only

Kooth

Via website only

Mentally Healthy Schools

Via website only

MindEd for Families

Via website only

Mind

www.mind.org.uk

National Self Harm Network

Via website only

OCD Action

0845 390 6232

OCD-UK

Via website only

Papyrus (Suicide support)

Via website only

Rethink Mental Illness

Via website only

Samaritans

116 123

Sane

0300 304 7000

Selfharm UK Via website only

The Mix

0808 808 4994

The Royal College of Psychiatrists

Via website only

Young Minds

Via website only

Young Minds Parents Helpline

0808 802 554

Youthinmind

<http://youthinmind.info/>

CAMHS – Child and Adolescent mental health service

Lewisham

0207 138 1250

Southwark
0203 228 7777

Lambeth
0203 228 7370

Bromley
0203 466 9988

Mind Bromley & Lewisham – 01689 811222, email@blmind.org.uk, website – blmind.org.uk

South London and Maudsley (SLAM)

List of all services

Child & Adolescent Services

Services Phone

Behavioural Education Support Team

020 7926 0445

Child Protection Support Service and Telephone Helpline

020 7919 3483

9 – 5 Weekdays. Aircall 07659 152233

Croydon Adolescent Team

020 8700 8877

Croydon Early Intervention Service (EIV)

020 8700 8800

Foster Carer Therapist Service 020 7955 4583

Lewisham ART Service 020 8314 9742

Lewisham Children and Young Peoples Community Service (East)

020 8852 3070

Lewisham Children and Young Peoples Community Service (West)

020 8692 4430

Lewisham Children and Young Peoples Neurodevelopmental Team

020 7919 3134

Lewisham Children and Young Peoples Service

020 8690 1086

Lewisham Children Looked After the Wickham Project

020 8692 4329

34) Migrant Children

Migrant Children's Project

0207 636 8505

35) Parent Support

Parent Line Plus

0808 800 2222

**Parent Support Group - Charity
supporting parents manage challenging
behaviour**



Install the Find & Remind
toolbar to raise funds
for PSG

Helpline: 07908 101767

Parent Support Group works with parents, carers and young people. PSG strives to support all parents through challenging times. To this end they aim to provide the best possible services. They offer a helpline, drop-in, counselling, residential workshops and support work.

Address: 72 Blackheath Road, Greenwich, SE10 8DA
Tel: 0208 469 0205 (Parents) 0208 694 6052 (Schools)
Helpline: 07908 101 767
Email: admin@psg.org.uk
Website: <http://psg.org.uk>

One Parent Families

255 Kentish Town Road
London
NW5 2LX
0207 428 5400
0800 018 5026 – Lone Parent Helpline
www.oneparentfamilies.org.uk

Family Pathways (Pre-School Learning Alliance)

A whole family support service for families in Lewisham.

Address: Pre-School Learning Alliance Lewisham, Concept House, rear of 103 Boundfield Road, SE6 1PF

Tel: 020 8695 5955 (option 5)

Website: familypathwayslewisham.org.uk



Family Services UK

Providing parenting support programmes

Address: 1 Creek Road, Deptford, SE8 3BT

Tel: 020 8265 1177

Email: info@familyservicesuk.org

Website: familyservicesuk.org



36) Self-Harm

Information:

www.selfharm.org.uk/default.aspx

Child and Family Therapy Centre Lewisham

The service has a number of teams who can respond to the needs of young people who self-harm. It is preferable that you be referred by your schoolteacher, GP etc.

78 Lewisham Park

Lewisham

London

SE13 6QJ

The Maudsley Hospital

Information can be found at:

www.slam.nhs.uk

National Self Harm Network

www.nshn.co.uk/

37) Sexual Abuse and Assault

One In Four – Charity Supporting Young People Vulnerable to Sexual Exploitation

One in Four offers a voice to and support for males and females who have experienced sexual abuse and sexual violence. It is run for and by people who have experience of sexual abuse, to give voice to the experience of people who have been

sexually abused and to provide a space which by its very existence challenges feelings of shame and self-blame. One in four employs trained counsellors that can conduct home visits and hold one to one sessions with young people.

Main contact: Michelle Denny-Browne
Tel: 07545 600 611 / 020 8697 2112
Email: admin@oneinfour.org.uk

The Haven

Offers a confidential service for survivors of sexual assault and rape, especially men, women and children in south and southeast London

Ground Floor

The Caldecot Road,
Camberwell SE5

020 3299 1599 (8:30 – 5:00pm Monday to Friday appointment-only service)

MOSAC (Mothers of Sexually Abused Children)

0800 980 1958

Stop It Now

0808 1000 900

The Lucy Faithfull Foundation

01527 591922

38) Sexual Health

Lewisham Sexual Health Services

There are four clinics across the borough provide contraception, reproductive and sexual health services for men and women of all ages including young people.

Downham Health & Leisure Centre

7-9 Moorside Road
Downham
BR1 5EP
Tel: 0203 049 1825

Mon and Tues -
Closed
Wed and Thu 2–
7pm
Friday 10am–
1pm

The Primary Care Centre

Hawstead Road (1st Floor)

Sydenham Green Health Centre

Holmshaw Close
SE26 4TH
(entrance on Sydenham Road)
Tel: 0203 049 2710

Mon and Tues 2–
7pm
Weds, Thurs, Fri -
Closed

Waldron Health Centre

Amersham Vale
SE14 6LD
(Opposite New Cross

Mon, Tues and
Thurs 10am–7pm
Wednesday 1–7pm

Catford
SE6 4JH
Tel: 0207 138 1700

Mon–Thurs 2–
7pm
Friday 2–5pm

Station)
Tel: 0203 049 3500

Friday 10am–5pm
Saturday 10am–
2pm

The website has the addresses and a list of pharmacies that provide emergency contraception.

Website – <http://www.lewisham.gov.uk/myservices/socialcare/health/sexual-health/Pages/default.aspx>

Check Your Bits (Chlamydia Testing)

Via website only

Getting It On

Via website only

Sexual Health Helpline

0300 123 7123

Brook

Via website only

39) Social Services

Lewisham

To make a Child Protection Referral – 0208 314 3852

For a discussion about whether or not to make a referral – 0208 314 3852

SocCareChildren@lewisham.gov.uk

Southwark MASH

Referral & Assessment Team – 0207 525 1921

mash@southwark.gov.uk

Core hours: 9am-5pm Mon-Fri

Out of hours emergency – 0207 525 5000

Lambeth

Referral & Assessment Team – 0207 926 5555

Bromley

Referral & Assessment Team – 0208 461 7373

40) Staff Support

Education Support Partnership

08000 562 561

41) Whistleblowing

NSPCC Whistleblowing Helpline

0800 028 0285

42) Young Carers

Lewisham Young Carer's Service

Carers Lewisham supports Carers in the London Borough of Lewisham aged 5 upwards. It provides a range of services including advice, information, emotional support, breaks and opportunities to meet other carers.



Specialist support for young carers who may be taking on adult responsibilities in the home due to a parent or relative being physically or mentally unwell or suffering from alcohol or drug dependency.

Address: Lewisham Carers Centre, Waldram Place, Forest Hill, SE23 2LB.
Tel: 08000 198 841 / 020 8699 8686
Email: youngcarers@carerslewisham.org.uk

Off The Record – Counselling/Support for Young Carers. At Off The Record we provide a wide range of free, friendly and accessible support services for young people who live, work or study in Croydon.



Address: 72 Queen's Road, Croydon, CR0 2PR
Tel: 0208 251 0251
Email: info@offtherecord.croydon.org

Peer Support Project – Supporting Young Carers and their Families

219 Stanstead Road, Forest Hill, SE23 1HU

Tel: 0208 690 3636
Email: lewishambb@family-action.org.uk

Young Carers

C/o Carers' National Association

20-25 Glasshouse Yard
London
EC14 4JT
0207 490 8818 0345 573 369 (Helpline)

43) Youth centres / clubs

TNG Youth Centre – This Youth Centre offers a contemporary, fun and safe space for young people to congregate in the evenings and at weekends. It also offers holiday activities, workshops and day trips.

111 Wells Park Road, Sydenham, SE26 6AD

Girls Only Night – Tuesdays 6.15pm-8.45pm
Tel: 0208 291 1601

44) Youth Crime / Community Police

Release (Rights on Arrest)
0845 45 00215

Adolescent Resources Team
0208 314 9229
Mercia Grove
Lewisham
SE13 6BJ

45) Youth Offending

Youth Offending Service – Girls Only Club
23 Mercia Grove, London SE13 6BJ

Main contact: Ruth Osbourne
Tel: 07710387878/0208 314 8142

Respect

Focus 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 – <http://respect.uk.net/work/respect-young-peoples-service/>