


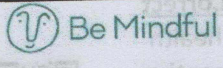

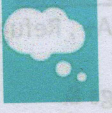

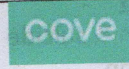







## Local alternative MH provisions

 <b>NELFT NHS</b> NHS Foundation Trust 24/7 MH support Link- local CAMHS 0800 995 1000	<b>AB PHAB</b> arts and crafts, cooking, sports/ exercise sessions (Zumba, Football) Interactive & Board games (Xbox, Wii)	<b>Family Learning</b> Parent & Child Creative Expression , ESOL, Maths, Indian Head Massage, Read & Write Together	<b>Harman House</b> Low-cost counselling for adults
<b>Information Advice and Support Service</b> SEND information & advice, young Carers project, Respite	<b>New Me, Healthy Lifestyle</b> exercise, healthy eating, stop smoking	<b>The Eating Disorder Service</b> Anorexia, Bulimia, Binge Eating, Other specified feeding/eating disorder	<b>Flipside Youth Club</b> LGBTQIA+ 1:1, Peer mentoring Social trip, workshop
<b>Kick</b> Mentoring Football academies/camps Sports coaching, Street dance	<b>Prevent</b> Local authority safeguarding against terrorism, extremism	<b>Place2Be</b> One-to-one counselling sessions	<b>Peer Support Group (PSG)</b> <b>Youth Club</b> anxiety, stress, self-harm, low mood, body image, disordered eating
<b>v-i-a</b> support for Family/friends & problem drinkers and drug users	<b>Talking Therapies (IAPT)</b> Over 18s Online, self-help, telephone/ video call support, group webinars	<b>You &amp; Me</b> Low cost counselling for children, young people, adults and their families	<b>Youth Forum</b> Youth Voice & Participation Care leavers



















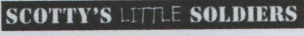









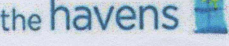










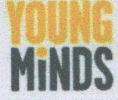


## National provisions

 Child and Adolescent MH & Wellbeing Services	 <b>App- Calm</b> Meditation Sleep	 <b>App- Headspace</b> Meditation Sleep	 <b>App- Be mindful</b> Mindfulness
 <b>App- Calm Harm</b> Self-harm	 <b>App- Catch it</b> Mood diary	 <b>App- Chill Panda</b> Breathing Techniques, mild exercise	 <b>App- Cove</b> Music
 <b>App- Feeling good</b> Music	 <b>App- My possible self</b> Learning modules Mood tracker Psychoeducation	 <b>App-Silver cloud</b> 8 week-course	 <b>App- Tellmi</b> anonymous peer support, 1:1 therapy



 <p><b>App- Thrive</b> Relaxation game</p> 	 <p><b>App- Togetherall</b> Peer support Wellbeing tools</p> 	 <p><b>ACT</b> Helpline, resources, Advice signposting for radicalisation, extremism</p> 	 <p><b>ADDISS</b> ADHD information/ resources</p> 
 <p><b>ADDUP</b> Activities Family train</p> 	 <p><b>ADHD foundation</b> Resource hubs Training cour</p> 	 <p><b>Al-Anon</b> Alateen, support for Family/friends &amp; problem drinkers</p> 	 <p><b>Alumina</b> Self-harm support for age 10 -17</p> 
 <p><b>Anna Freud</b> Youth Wellbeing Directory Signposting to local/National organisations</p> 	 <p><b>Anorexia &amp; Bulimia Care</b> Guidance Emotional Support on eating Disorder/ Distress</p> 	 <p><b>Beat</b> Information, peer Support, Eating disorder</p> 	 <p><b>Better Health</b> Psychoeducation &amp; practical advice for anxiety, low Mood &amp; stress</p> 
 <p><b>Challenging Behaviour foundation</b> information, guidance Workshops on behaviour</p> 	 <p><b>Childline</b> Bullying, MH, Homework, Revision, Abuse, Friendships, Art box, Games</p> 	 <p><b>Child Bereavement UK</b> Helpline, resources &amp; signposting for Bereavement, grief</p> 	 <p><b>Cruse</b> Helpline, resources &amp; signposting for Bereavement, grief</p> 
 <p><b>Come Correct</b> Sexual health Contraception</p> 	 <p><b>Eden's Trust</b> bereavement support groups, school staff training, workshops, 1:1 counselling</p> 	 <p><b>Education against hate</b> Local authority, police, education &amp; health services safeguard Against radicalisation,</p> 	 <p><b>Family /lives</b> Advice on schools Parenting Relationship, family breakdown risky behaviour</p> 
 <p><b>Harmless</b> Self-harm &amp; suicide prevention, information, workbooks questionnaires</p> 	 <p><b>Kooth</b> 1:1 counselling, Forum Self-help, Journal Activity hub Goal tracker</p> 	 <p><b>London Friends</b> LGBTQIA+ , Refugee, Asylum DV, drugs &amp; alcohol support, sexual health</p> 	 <p><b>London Survivors Gateway</b> Rape, sexual assau Sexual violence,</p> 
 <p><b>Metro</b> LGBTQIA+ Counselling Remote wellbeing checks</p> 	 <p><b>Mermaid</b> LGBTQIA+ Online forum, webchat</p> 	 <p><b>Mind</b> Abuse, Bereavement, LGBTQIA+, Money Housing, LearningDisability</p> 	 <p><b>Muslim Youth</b> faith &amp; culturally sensitive support &amp; signposting</p> 



 <p><b>NACOA</b> Support, advise, research and resources for Children of alcoholics</p> 	 <p><b>National Autistic Society</b> ASD Advice Support, guidance</p> 	 <p><b>National Crime agency</b> CSA, Exploitation,</p> 	 <p><b>No panic</b> anxiety, panic attacks, OCD phobias</p> 
 <p><b>NSPCC</b> Abuse Sex/Relationships Drugs/Alcohol</p> 	 <p><b>OCD Action</b> Helpline, forum, webinar Carer, support line</p> 	 <p><b>Refuge</b> Violence, Abuse, DV, Relationships</p> 	 <p><b>Respond</b> Trauma support for Learning Disability &amp; Autism</p> 
 <p><b>Rethink</b> Advice, carer support</p> 	 <p><b>Samaritans</b> Out of hours Crisis support</p> 	 <p><b>Scotty's Little Soldiers</b> Bereaved British armed forces children Gifts, outings, Counselling, family Support, grants</p> 	 <p><b>Smart recovery</b> Advice/ support/ traininh for friends/family of people With drug &amp; Alcohol addiction</p> 
 <p><b>Support After Suicide</b> Resources &amp; signposting</p> 	 <p><b>Sycamore Trust</b> Parent support Training Workshop</p> 	 <p><b>Talk to Frank</b> Drugs A-Z, help &amp; advice, signposting</p> 	 <p><b>Tender Reset</b> Online toolkit for schools on relationship education Parent workshops</p> 
 <p><b>The Havens</b> Rape, sexual Assault, forensic Medical examination</p> 	 <p><b>The Hopeline</b> Advice/ Support for Self-harm, cutting</p> 	 <p><b>The Mix</b> helpline, email, live chat, telephone counselling, crisis text line for under 25s</p> 	 <p><b>The Proud Trust</b> LGBTQIA+ Resources staying safe</p> 
 <p><b>Winston's Wish</b> Serious illness, bereavement (for SEND)</p> 	 <p><b>Wish Centre</b> Prevents self-harm, abuse &amp; exploitation of children &amp; young people</p> 	 <p><b>Young Mind</b> Feelings Coping with life Psychoeducation</p> 	 <p><b>42 Second Street</b> Drop-in Creative projects LGBTQIA+ Psychoeducation</p> 