



Emergency and useful contacts if in need

Mental Health

Contact the 24-hour mental health crisis line on 0800 731 2864 for:

- counselling on the phone
- advice about how to handle a crisis
- advice about available mental health services
- communication with other services or teams on behalf of patients and carers
- support to empower patients and their carers
- self-management strategies

<https://www.anncrafttrust.org/help-advice/friend-relative>

<https://www.mindincroydon.org.uk/how-we-can-help/counselling/hoarding-project/>

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

Neuro Diverse / Additional needs

For more support please see national autistic society www.autism.org.uk and for ADHD www.adhduk.co.uk

Croydon Mencap

<https://www.croydonmencap.org.uk/support/parent-carers/>

Alcohol and Drug

Changegrowlive.org/drug-alcohol-Croydon in youth support

Gaming Addiction

<https://www.england.nhs.uk/2019/10/children-treated-for-computer-gaming-addiction-under-nhs-long-term-plan/>

OCD



Stories
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<https://www.nhs.uk/mental-health/conditions/obsessive-compulsive-disorder-ocd/overview/>

Mental Health / Well-Being

<https://www.oxfordhealth.nhs.uk/health/mental-health/neurodiversity/#:~:text=Neurodiversity%20can%20include%20Autism%2C%20ADHD,%2C%20Dyslexia%2C%20Dyscalculia%20and%20Dyspraxia.>

<https://www.facebook.com/croydonbeststart>

<https://papyrus-uk.org/worried-about-someone/>

Suicide / Self Harm Support

<https://suicidepreventionlifeline.org/how-we-can-all-prevent-suicide/>

Tourette Syndrome –

<https://www.nhs.uk/conditions/tourettes-syndrome/>

<https://www.tourettes-action.org.uk/>

08088010660

Domestic Abuse for women / girls and men – Please search the internet

Mentoring and much more for young people

<http://uniquetalent.org.uk/>

S.T.O.R.M Family Centre has continued providing valuable core services to residents within Wandsworth and the surrounding London boroughs

<http://www.stormfamilycentre.com/>

Child on Parent abuse - search

child on parent abuse support online for your local services. Here are a few, this includes if a child is taking or destroying their parents / carers belongings eg. electronic devices, money etc ...

<https://www.pegssupport.co.uk/#Home-supportforparents>

<https://swaca.com/child-on-parent-violence-and-abuse/>

<https://reducingtherisk.org.uk/child-on-parent-violence/>



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Missing / Child Criminal Exploitation

<https://www.missingpeople.org.uk/get-help/help-services/exploitation-and-county-lines/what-is-county-lines>

Safecall

<https://www.missingpeople.org.uk/?s=SafeCall+form-+refer+yourself+or+your+child>

Safe and Social Group

This is only required ONCE, you will receive notifications to join future groups thereafter!

<https://www.missingpeople.org.uk/safe-and-social-form>

Social Prescribing

<https://socialprescribingacademy.org.uk/croydon-voluntary-action/>

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

Supports adults, children and young people in in East, West Kent and Medway who have been affected by domestic abuse and much more ...

Therapy/Counselling

<https://talksupport.uk/>

Therapeutic Care / Support

<https://thepeacefulpony.net/services>

<http://Insideouttherapiesic.com>

Community involvement

<https://bagssoftaste.org/get-involved/>

Keeping Families Together (KFT)

www.keepingfamilies.together.co.uk

FREE Advice & Support for our Parents / Carers eg. Concerns around school, child criminal exploitation, addictions, self-harm and much more ...

CONTACT: 07300516783

YOU CAN CALL, TEXT OR WHATSAPP THE TEAM please quote WalkwithMeUK or Stories by Emeka as a reference.