

Concerned about a child or young person's thoughts, feelings or behaviour?

Are they in immediate danger?

Yes

Call 999

No

Ask them about it:

Have a **resilience conversation**

Find out how at www.kentresiliencehub.org.uk

If in Mental Health crisis, call 111

Is there a safeguarding need?

Do they have an urgent need?

Have you contacted your Safeguarding Lead for advice? Information and guidance on Integrated Children's Services can be found at

www.kscmp.org.uk/guidance

They will cope, with the advice, information and support you can provide or access in school or college

Young people can access text based support at ChatHealth for support around physical and mental health **ChatHealth**

07520618850

Speak to a Designated Mental Health Lead in School or College

For support in all areas of resilience, take a look at **MoodSpark**

www.moodspark.org.uk

Young people who are self-harming, at risk of self-harming or struggling with their mental wellbeing can access support through **We Are With You**

www.wearewithyou.org.uk

For free support and access to fully trained online counsellors 365 days a year, visit **Kooth**

www.kooth.com

Text 'Kent' to 85258 for free, confidential 24/7 text message support for anyone, any age, who is struggling to cope.

www.releasethepressure.uk

For support about sexuality and gender identity, contact **BE YOU**

www.thebeyouproject.co.uk

If it's starting to cause difficulties with their school work, friendships or family relationships, they will need your support but will also need some extra help

KCHFT School Health Service provide packages of care. Access them using the referral form at www.kentcht.nhs.uk/service/school-health/counselling-and-emotional-health

If you are not sure what extra help is needed call the Single Point of Access (SPA) on 08000113474

Kent & Medway Children & Young People's Mental Health Service (CYPMHS) | NELFT NHS Foundation Trust

To see all the services that are available in Kent, visit www.kentresiliencehub.org.uk

If it's preventing them functioning, they will need your support but also they need further specialist support to meet significant mental health needs

NELFT provide access to clinical consultation and specialist mental health services. Call the Single Point of Access on 0800 0113474 or visit

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