

Worried about a young person?



For a full list of services available across Kent to support children and young people mental health, visit [Kent Resilience Hub](#).

Is the young person in immediate danger or experiencing a mental health crisis?

Is there a safeguarding concern?

YES

For a safeguarding need, [access information and guidance on Integrated Children's Services](#)

YES

- Call 999 if there is immediate danger.
- Call 111 and select the mental health option for urgent mental health support.

NO

- Ask them about it, [have a resilience conversation](#).

What needs have you identified?

Speak to a Senior Mental Health Lead in the young person's school or college, as they can arrange in school support like access to [The Emotional Wellbeing Team](#) (if operating in their school can support with issues including worry, low mood, exam stress, phobia's understanding feelings and behaviour) or school pastoral support.

Do they need to **get advice**?

Getting advice is good for staying happy and healthy, and can be done anytime to help young people stay on track and keep thriving!

[Release the Pressure](#) is a free, 24/7 mental health support service for people aged 16+ in Kent and Medway, offering confidential advice via phone, text, or webchat.

For information and advice on their emotional wellbeing, children and young people visit [MoodSpark](#).

[ChatHealth](#) offers confidential health and wellbeing support by text for 11 to 19-year-olds. Text 07520 618850 Monday to Friday, 9am to 5pm.

Do they need **further support**?

Has the young person got significant ongoing or unexpected challenges impacting their day to day life?

Kent and Medway Mental Health NHS Trust provide access to clinical consultation and specialist mental health services.

Call the Single Point of Access on 0800 0113474 or visit Children & Young People's Mental Health Service (CYPMHS) - Kent and Medway Mental Health NHS Trust

Do they need to **get help**?

Young people can speak to someone about anything that is troubling them and develop skills to manage stress, worry, feeling low and difficult situations.

[Soluna](#) by Kooth is a space to be you. Get free mental health support when you need it - live one one one text chats with real professionals, journaling and loads more.

[The Kent Therapeutic Alliance \(KTA\) and Therapeutic Support Service \(TSS\)](#) provide emotional wellbeing and mental health support for children and young people, including help with bereavement, self-harm, anxiety, low mood, domestic abuse, gender identity, sexuality, and care experience.

Do they need **risk support**?

Risk support is keeping young people, and those around them, safe through active support from skilled organisations working together.

Young people requiring risk support are unable to access support and benefit from it.

It is important to identify key people in the young person's life who they trust, whilst building their capacity for support.

Follow the [Working together to safeguard children guidance](#) on multi-agency working.

Professionals can access mental health advice and consultation for children and young people aged 0-18 by calling the Kent and Medway Mental Health NHS Trust Consultation and Advice Line on 0300 300 1585, Tuesdays and Thursdays, 10am to 2pm.