

Croydon Mental Health Resource Directory

TELEPHONE SUPPORT LINES

Name of Organisation	Phone Number	Website/links	Additional Info
Papyrus	0800 068 4141	https://www.papyrus-uk.org/	PAPYRUS UK is a charity for the prevention of young suicide (under 35) in the UK Call PAPYRUS HOPELINE247 on 0800 068 4141
Child Line	0800 1111	Contacting Childline Childline 1-2-1 counsellor chat Childline	Information, support, advice and helpline on a range of topics. Childline is yours – a free, private and confidential service where you can talk about anything. We're here for you online, on the phone, anytime.
Samaritans	116 123	Talk to us on the Phone Samaritans Other ways to contact the Samaritans Contact Us Samaritans	Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.
NHS Direct	111	Get help for your symptoms - NHS 111	

ONLINE AND APP BASED RESOURCES

Name of Organisation	Link	Additional Contacts	Additional Info
Young Minds	Deconstructing the system Mental Health Report YoungMinds	text YM to 85258).	Young Minds Crisis Messenger Service (they provide free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258).
Kooth	Home - Kooth	Kooth Podcast pod.link/1547256556 Kooth Tik Tok	The Kooth team are here to provide free, safe and anonymous online support and counselling. The whole team are made up of friendly

		<p>Kooth UK (@kooth_uk) TikTok</p> <p>Kooth Instagram Login • Instagram</p>	and experienced individuals who want to help you.
Give Us a Shout	Get help - free, 24/7, confidential mental health text support service Shout 85258	Text NATTER to 85258. This is SHOUT helpline offering support via messages.	Shout is the UK's first and only free, confidential, 24/7 text messaging service for anyone who is struggling to cope.
South West London (SWL) Healthier Together	Mental Health and Wellbeing Mental health Sexual Health LGBT+ Growing Up South West London Healthier Together Homepage	SWL Resources for Young People covering amongst other areas: Mental Health, Sexual Health, LGBT+, Exam Pressure, Drugs and Alcohol, Puberty, Exercise and Diet, Online Safety & Transitioning to Adult Care	<p>Health for Young People provides you with information to stay safe and healthy, as well as helping you decide what to do when you feel unwell.</p> <p>It is used by healthcare professionals from across the region.</p> <p>This ensures that you receive consistently high quality care, irrespective of where you are seen.</p>
Every Mind Matters (NHS)	Every Mind Matters - NHS		

CROYDON BASED SUPPORT

Name of Organisation	Link	Additional Contacts	Additional Info
Croydon Social Care Systemic Team		Accessed by Croydon LA professionals (including Early Help, Edge of Care, Youth Justice Services, Children Looked After and Fostering) via a service request on CRS.	Clinical Consultations; Reflective Group Practice; Teaching & Training & Direct Therapeutic Practice.

Centre for Change	<u>About Us centreofchange.org.uk Providing Counselling, Tutoring & Mentoring In Croydon</u>		<p>We are a team of counsellors, therapists and psychologists who offer a wide range of support services within the Croydon borough. Our highly qualified staff are always available to offer help to those experiencing distress or any other emotional or psychological issues that may disrupt daily life. We offer long and short term counselling, to suit individual needs. All of our counsellors at the Centre of Change are members of The British Association for Counselling and Psychotherapy (BACP) or an equivalent recognised UK body for counselling, psychotherapy and psychology.</p>
MIND Croydon	<u>Mind in Croydon – For better mental health</u>	MIND CROYDON – HEALTH & Wellbeing Space 18 + ONLY <u>Croydon Health & Wellbeing Space – Mind in Croydon</u>	<p>Mind in Croydon is working to promote good mental health. It seeks to empower people to lead a full life as part of their local community. To achieve these aims Mind in Croydon:</p> <ul style="list-style-type: none"> • Educates and provides services • Campaigns and raises funds • Works in partnership with other relevant organisations • Values diversity and focuses on quality • Involves service users and other volunteers in its work

<p>The Prevention Service – delivered by The Positive Support Group(PSG)</p>	<p><u>Positive Support Group Transforming lives</u></p>	<p>A tiered intervention Positive Behaviour Support (PBS) Service commissioned by Croydon Children's Social Care to prevent escalating needs and develop resilience, new skill sets amongst carers and Croydon children looked after, with the aim to improve quality of life and outcomes</p>	<p>Accessed by Croydon social care professionals making a referral to PSG. Contact <u>referrals@positivesupportgroup.com</u></p> <p>A PBS training programme is available to support providers who are caring for Croydon children. Contact <u>referrals@positivesupportgroup.com</u></p>
<p>Palace for Life</p>	<p><u>https://www.palaceforlife.org/</u></p>		<p>Charity linked to Crystal Palace F.C. with activities to support health and wellbeing of CYP that are hard to reach or have additional needs.</p>
<p>Croydon Drop-In (ages 11-25):</p>	<p><u>http://croydondropin.org.uk</u></p>		<p>Free support and counselling for young people and families. Community Outreach services such as TalkBus, Safe Space, Help is at Hand (phone service crisis support for parents/families). There is also a 'Sensory Space' for people who prefer to have their sessions there (bookable in advance).</p>
<p>Off The Record (ages 14-25):</p>	<p><u>https://www.talkofftherecord.org/croydon/</u></p>		<p>Counselling, support helplines, online services, young carers, refugees, bereavement, BME, Schools and college support.</p>
<p>Croydon Talking Therapies (ages 17 to adult):</p>	<p><u>https://croydontalkingtherapies.nhs.uk/</u></p>		<p>Counselling, CBT and online/face to face support for people 17+ facing low</p>

			mood, anxiety, stress, etc. Self-referrals accepted.
CAMHS Services (Tier 3-4 services):	See more details on their services here https://slam.nhs.uk/croydon-camhs (professional referrals only)		
Tulip Paediatric Nursing Service	<p>Synergy - Enquiry</p> <p>Health content for Local Offer</p>	<p>Referrals into the service can be made by health professionals, social care or education services.</p> <p>Consent must be gained prior to referral.</p> <p>Please email ch-tr.paedsneurodisabilityns@nhs.net for a referral form.</p> <p>Address: Tulip Paediatric Nursing Service, Nursing office, St Giles School, Pampisford Road, South Croydon, CR2 6DF. Monday-Friday 08.00-18.00 (excluding bank holidays) Phone: 020 8680 4810</p>	<p>South West London, Integrated Care Board (SWL, ICB) commissions The Paediatric Neurodisability Nursing Service (Tulip) from Croydon Health Services NHS Trust to provide support for children and young people with learning disabilities and clinical health needs.</p> <p>Services are delivered across five specialist pathways:</p> <ul style="list-style-type: none"> • Special School Nursing • Complex Care for children and young people with medical complexity • Transition from children's to adult health services • Acute liaison for hospital admissions • Children and young people with learning disabilities that display behaviours that challenge

			Each pathway has a specific referral criterion - please email for more specific pathway details. Please note the service does not support patients with a single diagnosis of autism.
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EARLY SUPPORT AND FAMILY SUPPORT

Department	Link	Additional Info
CHILDREN YOUNG PEOPLE AND FAMILIES SUPPORT DIRECTORY	Emotional Wellbeing and Mental Health service (EWMH) Croydon Council	
EARLY HELP FAMILY SOLUTIONS REFERRALS	https://www.croydon.gov.uk/children-young-people-and-families/professionals-working-children-and-young-people/early-help-family-solutions-referrals	Universal support and access to parenting programmes

CHARITY AND VOLUNTARY SECTOR SUPPORT AND DROP-IN CENTRES

OUTSIDE CROYDON

- **BRANDON CENTRE:** <https://brandon-centre.org.uk/> Mental Health support for CYP and parental support. North London.
- **SIGN HEALTH:** <https://signhealth.org.uk/> Physical and Mental Health support for Deaf people.
- **MIND CIRCLE CAFÉ EALING**
- For Young People who are in West London – drop in cafe [Circle - Hammersmith, Fulham, Ealing and Hounslow Mind](https://circle-ealing.hounslowmind.org/)

