

**EMOTIONAL SUPPORT, WELLBEING AND MENTAL HEALTH OFFER**  
**FOR CHILDREN AND YOUNG PEOPLE IN CROYDON**

**1. EARLY SUPPORT AND PARENTAL PROGRAMMES**

**EARLY HELP referrals** – Universal support and access to parenting programmes  
<https://www.croydon.gov.uk/children-young-people-and-families/professionals-working-children-and-young-people/early-help-family-solutions-referrals>

**2. CHARITY/VOLUNTARY SECTOR SUPPORT (self-referrals accepted)**

- **Brandon Centre:** <https://brandon-centre.org.uk/> Mental Health support for CYP and parental support.
- **Mind in Croydon:** <https://www.mindincroydon.org.uk/> Mental Health support, including support workers to access community activities.
- **Kooth:** <https://www.kooth.com/> Online mental wellbeing community (App as well)
- **Young Minds:** <https://www.youngminds.org.uk/> – helps parents and CYP to navigate options for their mental health support. Helplines for parents as well.
- **Childline:** <https://www.childline.org.uk/> Information, support, advice and helpline on a range of topics.
- **SignHealth:** <https://signhealth.org.uk/> Physical and Mental Health support for Deaf people.
- **Centre of Change:** <https://centreofchange.org.uk/> Mentoring, counselling, tutoring.
- **Palace for Life:** <https://www.palaceforlife.org/> 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.

**3. ADDITIONAL SUPPORT (self-referrals accepted):**

- **Croydon Drop in (ages 11-25):** <http://croydondropin.org.uk> 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).
- **Off the Record (ages 14-25):** <https://www.talkofftherecord.org/croydon/> Counselling, support helplines, online services, young carers, refugees, bereavement, BME, Schools and college support.
- **Croydon Talking Therapies (ages 17 to adult):** <https://croydontalkingtherapies.nhs.uk/> Counselling, CBT and online/face to face support for people 17+ facing low mood, anxiety, stress, etc. Self-referrals accepted.

**4. CAMHS SERVICES (Tier 1-4 services): see more details on their services here**  
<https://slam.nhs.uk/croydon-camhs> (professional referrals only)