

# **SYDENHAM SCHOOL**

**DARTMOUTH ROAD**

**LONDON**

**SE26 4RD**

**0208 699 6731**

## **PARENT/CARER** **SUPPORT DIRECTORY**

*We cannot guarantee that all of this information is up-to-date so please only use the directory as a guide.*

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## 1) **Addiction** – see also Drug / Solvent / Alcohol / Chemical Abuse – dependency

### **Alateen**

Alateen is for teenage relatives and friends of alcoholics. Alateen is part of Al-Anon  
020 7593 2070 <https://www.al-anonuk.org.uk/alateen/>

### **Alcoholics anonymous**

0800 0086 811

### **Children of Addicted Parents and People (COAP)**

Via website only

### **National Association for Children of Alcoholics**

0800 358 3456

### **OK Rehab**

specialist drug and alcohol treatment provider, offering inclusive treatment options in the community and residential settings

<https://www.okrehab.org>

### **Young People and Gambling**

0808 8020 133

## **2) Advice and Online Support Directories**

### **Platform One-Forest Hill Youth Project**



Platform 1 is a youth project based in Forest Hill.

Platform One is an advice, information and counselling service in a caring environment for young people aged 16 – 25 years old. The staff at Platform One provide advice, information, Youth counselling, education training support and assistance with personal development.

The project runs a number of workshops including music, dance, drama and photography. Drama takes place on Wednesdays 7pm – 9pm, music Thursdays 7pm – 9pm and music/dance hip-hop on Fridays 7pm – 9pm.

They also run a drop-in centre where young people can come for help and support on issues such as housing, education, employment, benefits and health.

Address: 2-4 Devonshire Road, Forest Hill, London, SE23 3TJ

Tel: 0208 699 4036

Website: <http://www.platform-1.org>

**Baseline drop-in service** - where young people can go for information, advice and guidance  
Lewisham Library,  
199-201 Lewisham High St,  
London SE13  
020 8314 7549

### **Youth Access**

1a Taylors Yard  
67 Alderbrook Road

### **Lewisham**

Children and Young People's Directory  
[www.lewisham.gov.uk/HealthAndSocialCare/ChildrenAndFamilyCare/ChildrensDirectory](http://www.lewisham.gov.uk/HealthAndSocialCare/ChildrenAndFamilyCare/ChildrensDirectory)

### **Southwark**

Children and Young People's Directory  
[www.southwarkcis.org.uk](http://www.southwarkcis.org.uk)

### **Lambeth**

Children and Young People's Directory  
[www.younglambeth.org.uk](http://www.younglambeth.org.uk)

### **Bromley**

Community Organisations  
[www.bromley.gov.uk/community/organisations](http://www.bromley.gov.uk/community/organisations)

### **3) Asperger's Syndrome**

#### **PRIORY MANOR CHILD DEVELOPMENT CENTRE**

Priory Manor Child Development Centre  
1 Blagdon Road, London SE13 7HL  
020 7771 4500

#### **PHOENIX CHILDREN'S RESOURCE CENTRE**

Phoenix Children's Resource Centre  
Bromley PCT  
40 Mason's Hill, Bromley BR2 9JG  
020 8466 9988

### **4) Autistic Spectrum Disorder (ASD)**

#### **ALAS (All Lewisham Autism Support)**

Email: [AlasEnquiry@black1.org.uk](mailto:AlasEnquiry@black1.org.uk)  
[www.bach.demon.co.uk/alas/](http://www.bach.demon.co.uk/alas/)

#### **National Autistic society**

[www.nas.org.uk/](http://www.nas.org.uk/)

#### **Autism Helpline**

Information, advice and support for people with ASDs, families and carers, and professionals  
0845 070 4004  
Open Monday – Friday 10:00am – 4:00pm

#### **NEMFLA – Supporting Ethnic Minority Families Living with Autism**

Meeting the Needs of Ethnic Minority Families living with Autism (NEMFLA) is a new and unique project, which will provide free advice and support to Black and Ethnic Minority families living with Autism Spectrum Disorder (ASD).

Address: St. Michael Associates, 368 Old Kent, SE1 5AA  
Tel: 0207 708 3939  
Email: [info@stmichaelassociates.org.uk](mailto:info@stmichaelassociates.org.uk)

### **5) Bereavement**

#### **CRUSE Bereavement Care**

**Day by Day Helpline 0870 167 1677**

Email: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

#### **Central Office**

Cruse Bereavement Care  
Cruse House, 126 Sheen Road  
Richmond, Surrey

TW9 1UR  
020 8939 9530  
[www.crusebereavementcare.org.uk/](http://www.crusebereavementcare.org.uk/)

### **Winston's Wish Bereavement Charity for Children**

#### **How to contact Winston's Wish**

General Enquires 01242 515157  
Helpline 0845 20 30 40 5  
[www.winstonswish.org.uk/](http://www.winstonswish.org.uk/)

#### **Winston's Wish**

The Clara Burgess Centre  
Bayshill Road  
Cheltenham  
GL50 3AW  
0845 20 30 40 5

#### **St Christopher's Hospice Candle Project**

51-59 Lawrie Park Road, Sydenham, London SE26 6DZ  
Contact number: 0208 768 4500  
Contact hours Mon – Fri 9.00am – 5.00pm

#### **Bromley Community Bereavement Service**

St Mary's Church House, 61 College Road, Bromley, Br1 3QG  
Contact number: 0208 290 6293  
[bromleybereavement@btinternet.co](mailto:bromleybereavement@btinternet.co)  
Office hours Mon-Fri 10:00am – 5:00pm (24 hour answer phone)

## **6) Birth Control / Pregnancy / Teenage motherhood**

#### **Family Planning Association**

The low-cost national helpline number is 0845 310 1334 (Monday to Friday 9am-6pm)  
50 Featherstone Street  
London, EC1Y 8QU  
020 7608 5240  
[www.fpa.org.uk](http://www.fpa.org.uk)

#### **British Pregnancy Advisory service**

Head office  
4<sup>th</sup> floor  
Amec House  
Timothy's Bridge Road  
Stratford –upon-Avon  
CV37 9BF  
0870 365 5050  
To book an appointment, please call the National Action line on:  
08457 30 40 30  
[www.bpas.org](http://www.bpas.org)

**Brook Advisory**

421 Highgate Studios  
53-79 Highgate Road  
London NW5 1TL  
0207 284 6040

General email: [admin@brookcentres.org.uk](mailto:admin@brookcentres.org.uk)

If you are under 25 contact the Young People's Information Service at Ask brook or ring the helpline on **0800 0185 023** (Monday to Friday, 9am-5pm).

For information on key sexual health issues any time of day and night call the 24-hour information line 020 7950 7700.

[www.brook.org.uk](http://www.brook.org.uk)

**Brook**

Central Lewisham Clinic  
410 Lewisham High Street  
SE13 6LL  
020 7703 9660

**Marie Stopes International**

153-157 Cleveland Street  
London, W1T 6QW

For UK medical appointments and information either:

0845 300 80 90

Email: [services@mariestopes.org.uk](mailto:services@mariestopes.org.uk)

Young person's website:

[www.likeitis.org/indexuk.html](http://www.likeitis.org/indexuk.html)

**Lewisham Young Women's Resource Project**

308, Brownhill Road, Catford SE6 1AU  
020 8698 6675

[www.youngvoicesatlywrp.org](http://www.youngvoicesatlywrp.org)

## **7) Bullying/Victim Support**

**Bullying/Victim Support**

[www.textsomeone.com](http://www.textsomeone.com)

[www.bullying.co.uk/](http://www.bullying.co.uk/)

**ChildLine**

Tel 0800 1111

Provides a special helpline called The Line for any young person **living away from home**. This is the helpline for you if you live in a foster home or children's home, if you're at boarding school or you've been in hospital for a long time. You can call The Line on 0800 88 44 44 from 3:30pm to 9:30pm on weekdays and 2pm to 8pm at weekends.

[www.childline.org.uk/](http://www.childline.org.uk/)



**Contact number for ChildLine's office in London and South East 020 7650 3200. Please do not contact this office if you wish to speak to a counsellor. Instead, call 0800 1111.**

**Victim Support Lewisham**

300 Sangley Road

Catford

London, SE6 2JT

0208 698 4583

Email: [enquiries@victimsupport-lewisham.org.uk](mailto:enquiries@victimsupport-lewisham.org.uk)

**Kidscape campaign for children's safety**

Kidscape

2 Grosvenor Gardens

London, SW1W 0DH

020 7730 3300

Helpline: 08451 205 204

[www.kidscape.org.uk/info/history.html](http://www.kidscape.org.uk/info/history.html)

Our Helpline is for the use of parents, guardians or concerned relatives and friends of bullied children. If you are a child and are experiencing bullying problems, then please visit or ring ChildLine 0800 1111

**EACH Actionline**

(A freephone Actionline for children experiencing homophobic bullying) – 0808 1000 143, website – <http://www.each.education/support/homophobic-bullying/>.

**Respect**

Focus on interventions with young people who use violence and abuse in close relationships, whether its relationship abuse, adolescent to parent violence or abusive behaviour within the family e.g. sibling abuse, young parent abuse.

Website – <http://respect.uk.net/work/respect-young-peoples-service/>

<http://www.teensagainstabuse.org>

## **8) Cancer**

**Macmillan Cancer Support**

0808 808 00 00

## **9) Children Missing**

**Runaway Helpline**

116 000

## **10) Children of Prisoners**

**National Information Centre on Children of Offenders**

Via website only

**National Prisoners' Families Helpline**

0808 808 2003

## **11) Children's Charities**

**Action for Children**

Via website only

**Barnardos**

Via website only

**Childline**

0800 1111

**Children's Society**

Via website only

**National Society for the Prevention of Cruelty to Children (NSPCC)**

42 Curtain Road

London

EC2A 3NH

0207 825 2500

0800 800 500 (Helpline)

[www.nspcc.org.uk](http://www.nspcc.org.uk)

## **12) Children's Rights**

**Children's Legal Centre**

University of Essex

Wivenhoe Park

Colchester

Essex CO4 3SQ

[www.childrenslegalcentre.com](http://www.childrenslegalcentre.com)

01206 872 466

0845 456 6811 Education Law Advice Line

Young people's free phone number: 0800 783 2187  
National Education Law Advice Line: 0845 345 4345

Parent line: 0845 120 2948 (advice for parents on legal issues, e.g. contact and residence)  
Lines open Mon-Fri 9:30am – 5:00pm  
Please note that the children's Legal Centre does not provide advice on criminal offences/juvenile justice.

### **13)      Citizens Advice**

#### **National Association of Citizens Advice Bureaux**

For information

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Tel: 020 7833 2181

#### **Catford Citizens Advice Bureau**

120 Rushey Green  
Catford  
London  
SE6 4HQ

Tel: 08701 264 037

#### **Sydenham Citizens Advice Bureau**

299 Kirkdale  
Sydenham  
London  
SE26 4QD

Tel: 08701 264 037

#### **Addington Citizens Advice Bureau**

1A Overbury Crescent  
New Addington  
Croydon  
Surrey  
CR0 0LR

Tel: 01689 846 890

#### **Bromley Town Citizens Advice Bureau**

Community House  
South Street  
Bromley  
Kent  
BR1 1RH

Tel: 020 8315 1940

### **14)      Counselling and emotional health**

#### **British Association for Counselling and Psychotherapy**

Via website only

## Bromley Y – Enabling Young People & Families



Bromley Y offers free therapeutic support to young people between the ages of 0 -18 years. It aims to provide a safe, friendly environment for young people to explore the difficulties that they may be experiencing, helping them to identify new ways forward.

Address: 17 Ethelbert Road, Bromley, BR1 1JA  
Tel: 0208 464 9033 / 020 3770 8848  
Email: [info@bromleyy.org](mailto:info@bromleyy.org)

## Faces in Focus

Advice, information, support and counselling for young people in Southwark and the surrounding areas.

Address: 102 Harper Road, London, SE1 6AQ  
Tel: 020 7403 2444  
Email: [reception@facesinfocus.org.uk](mailto:reception@facesinfocus.org.uk)  
Website: [facesinfocus.org.uk](http://facesinfocus.org.uk)



advice, information, support & counselling for young people

## The Deborah Ubee Trust

Promotes the value of emotional health and well-being by offering therapeutic services to all, irrespective of ability to pay. They offer a range of therapies and holistic treatments, support and training to placement counsellors and continuing professional development to practitioners.

Address: 20 Egerton Drive, Greenwich, SE10 8JS  
Tel: 020 8305 6460  
Email: [reception@thedeborahubeetrust.org.uk](mailto:reception@thedeborahubeetrust.org.uk)



## Rise Above

Aims to build emotional resilience in individuals aged 11 to 16 by equipping you with the skills and knowledge needed to make informed decisions, and help deal with the pressures of growing up. It also encourages conversations about the key health and wellbeing issues that affect teens and young people.

Website – [riseabove.org.uk](http://riseabove.org.uk)

## Platform One-Forest Hill Youth Project

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The project runs a number of workshops including music, dance, drama and photography. Drama takes place on Wednesdays 7pm – 9pm, music Thursdays 7pm – 9pm and music/dance hip-hop on Fridays 7pm – 9pm.

They also run a drop-in centre where young people can come for help and support on issues such as housing, education, employment, benefits and health.

Address: 2-4 Devonshire Road, Forest Hill, London, SE23 3TJ  
Tel: 0208 699 4036  
Website: <http://www.platform-1.org>

## **15) Crime (see also Youth Crime & Youth Offending)**

### **Crime Stoppers**

0800 555 111

### **Fearless (Crime Stoppers for Young People)**

Via website only.

### **Crime Reduction Initiative - Lewisham Young People's Substance Misuse Service**



CRI is a social care and health charity working with individuals, families and communities across England and Wales that are affected by drugs, alcohol, crime, homelessness, domestic abuse and antisocial behaviour.

Projects, delivered in communities and prisons, encourage and empower people to regain control of their lives and motivate them to tackle their problems.

Address: Eagle House, 290 Lewisham Road, Lewisham SE13 7PA  
Main contact: Adrian Yearwood/Hayley Reed  
Tel: 07766 652 913 / 0208 297 7941  
Email: [Adrian.yearwood@cri.org.uk](mailto:Adrian.yearwood@cri.org.uk)

### **Crime Reduction – Neighbourhood Community Safety**

(Radicalisation and travel to conflict areas) – 0208 314 7531, [prevent@lewisham.gov.uk](mailto:prevent@lewisham.gov.uk)

## **16) Domestic Abuse**

### **Galop (LGBT)**

0800 999 5428

### **National Domestic Violence Helpline**

0808 2000 247

### **Refuge**

0808 2000 247

<http://refuge.org.uk>

### **Women's Aid**

(Support for Adults and children R.E. Domestic Violence) 0808 2000 247

<http://www.nationaldomesticviolencehelpline.org.uk>

## **17) Drug / Solvent / Alcohol / Chemical Abuse – dependency**

### **The Hub - Lewisham's Young People's Drugs and Alcohol Service**

The Hub is a free and confidential service that helps young people up to the age of 25 with their drug and/or alcohol use. They will come and see a young person wherever they feel comfortable, whether that is at home, in a café, or in another service or agency such as a youth club, a job centre or a school. The Hub has a friendly and welcoming service base in Catford Shopping Centre, where they hold activities and run group sessions, as well as seeing young people individually.

Address: 38 Winslade Way, Catford, SE6 4JU

Tel: 020 8690 3020

Email: [TheHub@Lifeline.org.uk](mailto:TheHub@Lifeline.org.uk)

Opening Hours: Monday to Friday 9am to 6pm,

Late night sessions available at a variety of locations

### **Crime Reduction Initiative - Lewisham Young People's Substance Misuse Service**

CRI is a social care and health charity working with individuals, families and communities across England and Wales that are affected by drugs, alcohol, crime, homelessness, domestic abuse and antisocial behaviour.

Projects, delivered in communities and prisons, encourage and empower people to regain control of their lives and motivate them to tackle their problems.

Address: Eagle House, 290 Lewisham Road, Lewisham SE13 7PA

Main contact: Adrian Yearwood/Hayley Reed

Tel: 07766 652 913 / 0208 297 7941

Email: [Adrian.yearwood@cri.org.uk](mailto:Adrian.yearwood@cri.org.uk)

### **Alcoholics Anonymous**

<http://www.alcoholics-anonymous.org.uk/>

National Helpline: 0845 769 7555

London

Southern service Office (London) 2<sup>nd</sup> Floor – Jacob House, 3 Cynthia Street,

London N1 9JF

020 7833 0022

10.00am to 1.00pm daily

Answering machine at other times

### **Al-Anon Family Groups UK & Eire**

Great Dover Street

London, SE1 4YF  
020 7403 0888 (Helpline 10am – 10pm, 365 days a year)  
Email: [enquires@al-anonuk.org.uk](mailto:enquires@al-anonuk.org.uk)  
[www.al-anonuk.org.uk/alanon](http://www.al-anonuk.org.uk/alanon)  
[www.al-anonuk.org.uk/alateen](http://www.al-anonuk.org.uk/alateen)

**National Drugs Helpline**

UK National Drugs helpline: 0800 77 66 00  
[www.urban75.com/Drugs/helpline.html](http://www.urban75.com/Drugs/helpline.html)

**Community Drug Education Project (CDEP)**

Mornington Centre  
Stanley Street  
Lewisham  
London  
SE8 4BL  
020 8691 0550  
[www.drugsinfo.org.uk](http://www.drugsinfo.org.uk)

**Turning Point ACAPS (Lewisham)**

Turning point –ACAPS has a drug Education Worker who works with schools to provide information and advice on drugs, alcohol and tobacco in classroom settings and drop-in sessions. ACAPS also offers a text messaging service.

**Turning Point ACAPS lifestyle Options Project (LOPS)**

Provides support and a range of opportunities for young people aged 10 – 25 who may be experiencing problems with drugs and/or alcohol.  
020 7738 3427

**Lewisham Drug Strategy Team**

23 Mercia Grove,  
London  
SE13 6BJ  
020 8314 8226

**FRANK**

For a free confidential drugs information and advice 24 hours a day (Tel 0800 776600)  
If you're deaf you can Textphone FRANK on 0800 917 8765. Or email [frank@talktofrank.com](mailto:frank@talktofrank.com)  
[www.talktofrank.com/](http://www.talktofrank.com/)

**National AIDS Trust (NAT)**

New City Cloisters  
118-196 Old Street  
London  
EC1U 9FR  
0207 814 6767  
[www.nat.org.uk](http://www.nat.org.uk)

## **18) Dyslexia**

### **British dyslexia Association**

[www.bdadyslexia.org.uk/](http://www.bdadyslexia.org.uk/)

#### **For enquires about dyslexia:**

Helpline: 0118 966 8271

Email: [helpline@bdadyslexia.org.uk](mailto:helpline@bdadyslexia.org.uk)

#### **For general enquires:**

The British Dyslexia Association

98 London Road,

Reading

RG1 5AU

0118 966 2677

Email: [admin@bdadyslexia.org.uk](mailto:admin@bdadyslexia.org.uk)

Also Deptford Green School is Lewisham Borough's Dyslexia Resource Centre

### **The following organisations can help with dyslexia assessments:**

**British Dyslexia Association**

**DyslexiaAction**

**Helen Arkell**

**Patoss**

## **19) Eating Disorders**

Beat – <http://b-eat.co.uk>

Helpline 0345 634 1414

Youth line 0345 634 7650

## **20) Ethnic support groups / race equality / refugees**

### **CRE (Commission for Racial equality)**

020 7939 0000

St Dunstan's House

201-211 Borough High Street

London

SE1 1GZ

020 7939 0000

Email: [info@cre.gov.uk](mailto:info@cre.gov.uk)

[www.cre.gov.uk/](http://www.cre.gov.uk/)

### **Lewisham Asylum Seeker Team**

1<sup>st</sup> Floor Laurence House

1 Catford Road

London



SE6 4RU  
020 8314 9494  
**Asylum Aid**  
[www.asylumaid.org.uk/](http://www.asylumaid.org.uk/)

**Asylum Aid**  
28 Commercial Street  
London  
E1 6LS  
020 7377 5123

**Immigration Advisory Service**  
County House  
190 Great Dover Street  
London  
SE1 4YB  
020 7967 1200

**Refugee Council**  
020 7346 6777  
Open Mondays, Tuesdays, Thursdays, Fridays: 10am – 1pm and 2 – 4pm,  
Wednesdays 2-4pm

**Lewisham Refugee Network**  
Parker House  
144 Evelyn St  
Deptford  
SE8 5DD  
020 8694 0323

**Child, Family and Adolescent Service**  
28-29 Carlton Parade,  
Orpington  
BR6 OJB  
Referral via GP/School  
020 8315 4430

**Bromley Mind**  
5 Station Road  
Orpington  
Kent  
01689 81 12 22  
Email: [email@bromleymind.org.uk](mailto:email@bromleymind.org.uk)  
[www.bromleymind.org.uk](http://www.bromleymind.org.uk)

## **Mental Health**

Kaleidoscope  
32 Rushey Green  
SE6 4JF  
0207 138 1100

## **Building Bridges**

Part of the Family Welfare Association  
Support for children living with parents with mental health issues  
0208 690 3636

## **21)     E- Safety**

### **Child Exploitation Online Protection Centre**

Via website only

### **National Professionals Online Safety Helpline**

0344 381 4772

### **Net-Aware**

Via website only

### **Safer Internet**

Via website only

### **Think U Know**

Via website only

## **22)     Faith**

### **Muslim Youth Helpline**

0808 808 2008

## **23)     FGM**

### **African Advocacy Foundation - Support around Female Genitals Mutilation(FGM) and HIV**



AAF provides information, advice and guidance to enable full participation in community life.  
It offers free and confidential sexual health information, advice and counselling services

including female genital mutilation, HIV peer support and testing service, contraception advice, awareness and training, the provision of free condoms and mental health services.

Address: 76 Elmer Road, Catford, SE6 2ER  
Tel: 0208 698 4473  
Opening Hours: Monday – Friday 10am – 6pm

**Africans Unite Against Child Abuse**

Via website only

**Daughters of Eve**

Via website only

**Forward UK**

0208 960 4000

**NSPCC FGM Helpline**

0800 028 3550

## **24) Forced Marriage**

**Karma Nirvana**

0800 5999 247

## **25) Health**

**Well Centre – Youth Health**

The Well Centre is a youth health centre for young people aged 13-20 who can drop-in to see a youth worker, counsellor or doctor. No appointment needed, just turn up, to discuss any health concerns or worries in a safe and confidential space.

Address: 16 Wellfield Road, Streatham, London, SW16 2BP  
Tel: 0208 473 1581  
SMS: 07797 805 819  
Email: [info@thewellcentre.org](mailto:info@thewellcentre.org)  
Website: [www.thewellcentre.org](http://www.thewellcentre.org)  
Opening Hours: Monday, Wednesday, Thursday, 3.30pm – 6.30pm



**Young People's Health Project**

Confidential Advice

0207 771 4672 / 0207 771 4745 (3:45-6:00pm)

## 26) Helplines

**Childline** (Confidential support for children) – 0800 1111

**Samaritans** (helpline for adults and children) – 08457 90 90 90

**Papyrus** (Prevention of Young Suicides) – 0800 068 4141, [pat@papyrus-org.uk](mailto:pat@papyrus-org.uk), 07786 209 697  
Papyrus provides confidential help and advice to young people and anyone worried about a young person who may be at risk of suicide.

**Get Connected** (free, confidential helpline service for young people under 25 who need help, but don't know where to turn) – 0808 808 4994, Text: 80849, Website [getconnected.org.uk](http://getconnected.org.uk)

**KOOTH.com** (Free, anonymous, confidential online support for young people)

**The Site** (a guide to life for 16-25 year-olds in the UK providing non-judgmental support and information) website – [www.thesite.org](http://www.thesite.org)

**SupportLine** (Confidential emotional support for children, young adults and adults) – 01708 765200, website – [supportline.org.uk](http://supportline.org.uk)

**United Kingdom Council Psychotherapy** (Register of Private Psychiatrists) – 0207 014 9955

**Young Minds** (Parent Information around mental health issues) – 0808 802 5544, website – [youngminds.org.uk](http://youngminds.org.uk)

**Mind** (information on local help and support with a mental health problem) – 0300 123 3393, 9am to 6pm, Monday to Friday (except for bank holidays), [info@mind.org.uk](mailto:info@mind.org.uk), text – 86463, website – [mind.org.uk](http://mind.org.uk)

**Mind Bromley & Lewisham** – 01689 811222, [email@blmind.org.uk](mailto:email@blmind.org.uk), [website – blmind.org.uk](http://website-blmind.org.uk)

**Royal College of Psychiatrists** (specifically tailored information for young people, parents, teachers and carers about mental health related issues) website – <http://www.rcpsych.ac.uk/expertadvice/youthinfo.aspx>

**bipolar UK: supporting people affected by bipolar** (supporting young people 18-25 affected by bipolar and their families) – 020 79316486, website – [bipolar.org.uk/youth](http://bipolar.org.uk/youth), [youth@bipolar.org.uk](mailto:youth@bipolar.org.uk)

**Family Health Isis** (African and Caribbean Mental Health Services in Lewisham) website – [familyhealthisis.org](http://familyhealthisis.org)

**Rethink** (information about [looking after your own mental health](#), [how you can support friends and family](#) and [places where you can get support and advice](#)) website – [rethink.org](http://rethink.org)

**Time to Change** (working to end mental health discrimination in the UK) website – [time-to-change.org.uk](http://time-to-change.org.uk)

**Youth Access** (young people's information, advice and counselling) website – [youthaccess.org.uk](http://youthaccess.org.uk)

**Youth Health Talk.org** (reliable information for young people, from young people) website – [healthtalk.org](http://healthtalk.org)

**Beat** (Beating Eating Disorders) – 0845 634 7650, website – [b-eat.co.uk](http://b-eat.co.uk)

**The Runaway Helpline** – 0808 800 7070 / Freefone 116 000, [116000@missingpeople.org.uk](mailto:116000@missingpeople.org.uk), text – 116000

**Victim Support** (Support for victims of crime) – 0845 3030 900

**SANE** (Support for people experiencing mental health problems and their families and carers) – 0845 767 8000

**Youth 2 Youth** (For young people being bullied) – 0208 896 3675

**NSPCC Female Genital Mutilation Helpline** – 0800 028 3550

**Worklife Support** (Confidential support for professionals) – 08000 856 148

**Refuge** (for women and children against Domestic Violence) – 0808 2000 247

**Serious Violence Team** – Fergus Downie 07545 737 463, [Fergus.downie@lewisham.gov.uk](mailto:Fergus.downie@lewisham.gov.uk)

**NSPCC Gangs Helpline** – 0808 800 5000, [help@nspcc.org.uk](mailto:help@nspcc.org.uk), Ian Alderson – Lewisham Police 07798 922 032,

**Young People Substance Misuse Treatment Service** – 0208 297 7941

**Addiction and KCA Young People's Services** (Friendly and expert advice and information about drugs and alcohol) website – [addaction.org.uk](http://addaction.org.uk)

**FRANK** (Friendly confidential drugs advice) – 0300 123 6600, text – 82111, website – [talktofrank.com](http://talktofrank.com)

**Brook** (provides free and confidential sexual health services and advice for young people under 25) Website – [brook.org.uk](http://brook.org.uk)

**Knowledge is Power** (to empower and inform young people in southeast London about issues Around contraception, sex, relationships, sexual health and related issues) website – [kisp.org.uk](http://kisp.org.uk)

**NHS Direct** (Guidance around medical concerns) – 0845 4647

**NHS Choices website – talking about sex** (articles and videos giving tips on talking about sex with your partner, young child or teenager, and where to go for further information, help and support with your sexual health).  
Website – [nhs.uk/livewell/talkingaboutsex/Pages/Talking-about-sex-hub.aspx](http://nhs.uk/livewell/talkingaboutsex/Pages/Talking-about-sex-hub.aspx)

**Youth MARAC** (Child Sexual Exploitation) – Fergus Downie 07545 737 463,  
[janet.rolt@lewisham.gov.uk](mailto:janet.rolt@lewisham.gov.uk)

**Alateen** (Support for teenage relatives and friends of alcoholics) – 0207 403 0888, for meetings call 0207 593 2070

**Healthwatch Lewisham** (help to find local health and social care services in the area) website – [www.healthwatchlewisham.co.uk](http://www.healthwatchlewisham.co.uk), [info@healthwatchlewisham.co.uk](mailto:info@healthwatchlewisham.co.uk)

## **27) Homeless Support**

### **SHIP Team – Assessment and Referral Service for Vulnerable Single Homeless People**

A centralised assessment and referral service responsible for preventing homelessness and placing vulnerable single homeless people with support needs into supported accommodation. Clients must have a local connection with Lewisham.

Address: 38 Winslade Way, Catford, SE6 4JU  
Tel: 0208 314 3020  
Email: [ship@lewisham.gov.uk](mailto:ship@lewisham.gov.uk)  
Opening Hours: Monday, Tuesday, Thursday, Friday 9.30am – 3.30pm  
Wednesday 12.30pm – 3.30pm

## **28) Housing**

### **Shelter**

0808 800 4444

### **Platform One-Forest Hill Youth Project**

Platform 1 is a youth project based in Forest Hill.



Platform One is an advice, information and counselling service in a caring environment for young people aged 16 – 25 years old. The staff at Platform One provide advice, information, Youth counselling, education training support and assistance with personal development.

The project runs a number of workshops including music, dance, drama and photography. Drama takes place on Wednesdays 7pm – 9pm, music Thursdays 7pm – 9pm and music/dance hip-hop on Fridays 7pm – 9pm.

They also run a drop-in centre where young people can come for help and support on issues such as housing, education, employment, benefits and health.

Address: 2-4 Devonshire Road, Forest Hill, London, SE23 3TJ  
Tel: 0208 699 4036  
Website: <http://www.platform-1.org>

## **29)      Jobs and Training**

### **Lewisham Connexions Service**

209 – 211 Lewisham High St

Lewisham

SE13 6LY

020 8297 3330

[www.connexions.gov.uk](http://www.connexions.gov.uk)

### **Parent Support Group**

1:1 Support for Parents

0208 469 0205 (Helpline)

## **30)      Life Skills**

### **Young Lewisham Workshop**

Kilmore Road

Catford SE6

0208 291 9771

### **Media Arts Programme**

0208 855 0557

### **Prince's Trust**

0800 842 842

[www.princes-trust.org.uk](http://www.princes-trust.org.uk)

## **31)      LGBT**

### **Homosexual Gay / Lesbian Advice**

Support for lesbian, gay, bisexual and transgender communities

Stonewall – The national organisation group for LGBT equality

46 Grosvenor Gardens

London SW1W OEB

020 7881 9440

### **EACH Actionline**

(A freephone Actionline for children experiencing homophobic bullying) – 0808 1000 143,  
website – <http://www.each.education/support/homophobic-bullying/>.

### **Metro Youth**

Provides free and confidential services to LGBTQ (lesbian, gay, bisexual, transgender and those questioning their sexuality or gender) YP in South East London.

Address: METRO Greenwich, 141 Greenwich High Road, SE10 8JA –  
Tel: 020 8305 5000  
Email: [info@metrocharity.org.uk](mailto:info@metrocharity.org.uk)  
Website: [metrocentreonline.org/youth-services](http://metrocentreonline.org/youth-services)

### **Terence Higgins Trust**

314-320 Grays Inn Road  
London  
WC1X 8DP  
0207 812 1600  
[www.tht.org.uk](http://www.tht.org.uk)

### **Youth Access**

1a Taylors Yard  
67 Alderbrook Road  
London  
SW12 8AD  
0208 772 9900  
[www.youthaccess.org.uk](http://www.youthaccess.org.uk)

**Baseline drop-in service** - where young people can go for information, advice and guidance

Lewisham Library,  
199-201 Lewisham High St,  
London SE13  
020 8314 7549

### **Young People's Health Project**

Confidential Advice  
0207 771 4672 / 0207 771 4745 (3:45-6:00pm)

### **One Parent Families**

255 Kentish Town Road  
London  
NW5 2LX  
0207 428 5400  
0800 018 5026 – Lone Parent Helpline  
[www.oneparentfamilies.org.uk](http://www.oneparentfamilies.org.uk)

### **National Society for the Prevention of Cruelty to Children (NSPCC)**

42 Curtain Road  
London  
EC2A 3NH



0207 825 2500  
0800 800 500 (Helpline)  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

**National AIDS Trust (NAT)**

New City Cloisters  
118-196 Old Street  
London  
EC1U 9FR  
0207 814 6767  
[www.nat.org.uk](http://www.nat.org.uk)

**Stonewall**

0207 593 1850

**Gires – Transgender support**

Via website only

**Mermaids – Transgender support**

0808 801 0400

## **32) Looked After Young People**

**Coram Voice**

0808 800 5792

**The Care Advice Line**

020 7017 8901

**Foster Carer Therapist Service** 020 7955 4583

**Lewisham ART Service** 020 8314 9742

**Lewisham Children Looked After the Wickham Project**

020 8692 4329

## **33) Mental Health**

**Anna Freud National Centre for Children  
& Families**

Via website only

**Anxiety UK**

03444 775 774

**Beacon House**

An integrated mental health and occupational therapy service offering a range of assessments and therapies for children, families, and adults.  
Beacon House, Unit B Madam Green

High Street, Oving, Chichester, PO20 2DD  
<https://beaconhouse.org.uk/contact/>

**B-eat eating disorders**  
0808 801 0711

**Bipolar UK**  
0333 323 3880

**CALM (Campaign Against Living Miserably)**  
0800 58 58 58

**Charlie Waller Memorial Trust**  
Via website only

**HeadMeds**  
Via website only

**Heads Together**  
Via website only

**Kooth**  
Via website only

**Mentally Healthy Schools**  
Via website only

**MindEd for Families**  
Via website only

**Mind**  
[www.mind.org.uk](http://www.mind.org.uk)

**National Self Harm Network**  
Via website only

**OCD Action**  
0845 390 6232

**OCD-UK**  
Via website only

**Papyrus (Suicide support)**  
Via website only

**Rethink Mental Illness**  
Via website only

**Samaritans**  
116 123

**Sane**  
0300 304 7000

**Selfharm UK** Via website only

**The Mix**  
0808 808 4994

**The Royal College of Psychiatrists**  
Via website only

**Young Minds**  
Via website only

**Young Minds Parents Helpline**  
0808 802 554

**Youthinmind**  
<http://youthinmind.info/>

**CAMHS – Child and Adolescent mental health service**  
**Lewisham**  
020 3228 1000

**Southwark**

0203 228 7777

**Lambeth**

0203 228 7370

**Bromley**

0203 466 9988

**Mind Bromley & Lewisham** – 01689 811222, email@blmind.org.uk, website – blmind.org.uk

**South London and Maudsley (SLAM)**

List of all services

**Child & Adolescent Services**

**Services Phone**

**Behavioural Education Support Team**

020 7926 0445

**Child Protection Support Service and Telephone Helpline**

020 7919 3483

9 – 5 Weekdays. Aircall 07659 152233

**Croydon Adolescent Team**

020 8700 8877

**Croydon Early Intervention Service (EIV)**

020 8700 8800

**Foster Carer Therapist Service** 020 7955 4583

**Lewisham ART Service** 020 8314 9742

**Lewisham Children and Young Peoples Community Service (East)**

020 8852 3070

**Lewisham Children and Young Peoples Community Service (West)**

020 8692 4430

**Lewisham Children and Young Peoples Neurodevelopmental Team**

020 7919 3134

**Lewisham Children and Young Peoples Service**

020 8690 1086

### **Lewisham Children Looked After the Wickham Project**

020 8692 4329

## **34) Migrant Children**

### **Migrant Children's Project**

0207 636 8505

## **35) Parent Support**

### **Parent Line Plus**

0808 800 2222

**Parent Support Group - Charity  
supporting parents manage challenging  
behaviour**



Install the Find & Remind  
toolbar to raise funds  
for PSG

Helpline: 07908 101767

Parent Support Group works with parents, carers and young people. PSG strives to support all parents through challenging times. To this end they aim to provide the best possible services. They offer a helpline, drop-in, counselling, residential workshops and support work.

Address: 72 Blackheath Road, Greenwich, SE10 8DA

Tel: 0208 469 0205 (Parents) 0208 694 6052 (Schools)

Helpline: 07908 101 767

Email: [admin@psg.org.uk](mailto:admin@psg.org.uk)

Website: <http://psg.org.uk>

### **One Parent Families**

255 Kentish Town Road

London

NW5 2LX

0207 428 5400

0800 018 5026 – Lone Parent Helpline

[www.oneparentfamilies.org.uk](http://www.oneparentfamilies.org.uk)

### **Family Pathways (Pre-School Learning Alliance)**

A whole family support service for families in Lewisham.

Address: Pre-School Learning Alliance Lewisham, Concept House, rear of 103 Boundfield Road, SE6 1PF

Tel: 020 8695 5955 (option 5)

Website: [familypathwayslewisham.org.uk](http://familypathwayslewisham.org.uk)



### **Family Services UK**

Providing parenting support programmes

Address: 1 Creek Road, Deptford, SE8 3BT

Tel: 020 8265 1177

Email: [info@familyservicesuk.org](mailto:info@familyservicesuk.org)

Website: [familyservicesuk.org](http://familyservicesuk.org)



## **36) Self-Harm**

Information:

[www.selfharm.org.uk/default.aspa](http://www.selfharm.org.uk/default.aspa)

Child and Family Therapy Centre Lewisham

The service has a number of teams who can respond to the needs of young people who self-harm. It is preferable that you be referred by your schoolteacher, GP etc.

78 Lewisham Park

Lewisham

London

SE13 6QJ

### **The Maudsley Hospital**

Information can be found at:

[www.slam.nhs.uk](http://www.slam.nhs.uk)

### **National Self Harm Network**

[www.nshn.co.uk/](http://www.nshn.co.uk/)

## **37) Sexual Abuse and Assault**

### **One In Four – Charity Supporting Young People Vulnerable to Sexual Exploitation**

One in Four offers a voice to and support for males and females who have experienced sexual abuse and sexual violence. It is run for and by people who have experience of sexual abuse, to give voice to the experience of people who have been

sexually abused and to provide a space which by its very existence challenges feelings of shame and self-blame. One in four employs trained counsellors that can conduct home visits and hold one to one sessions with young people.

Main contact: Michelle Denny-Browne  
 Tel: 07545 600 611 / 020 8697 2112  
 Email: [admin@oneinfour.org.uk](mailto:admin@oneinfour.org.uk)

### **The Haven**

Offers a confidential service for survivors of sexual assault and rape, especially men, women and children in south and southeast London

Ground Floor

The Caldecot Road,  
 Camberwell SE5

020 3299 1599 (8:30 – 5:00pm Monday to Friday appointment-only service)

### **MOSAC (Mothers of Sexually Abused Children)**

0800 980 1958

### **Stop It Now**

0808 1000 900

### **The Lucy Faithfull Foundation**

01527 591922

## **38) Sexual Health**

### **Lewisham Sexual Health Services**

There are four clinics across the borough provide contraception, reproductive and sexual health services for men and women of all ages including young people.

#### **Downham Health & Leisure Centre**

7-9 Moorside Road  
 Downham  
 BR1 5EP  
 Tel: 0203 049 1825

Mon and Tues -  
 Closed  
 Wed and Thu 2–  
 7pm  
 Friday 10am–  
 1pm

#### **The Primary Care Centre**

Hawstead Road (1st Floor)

#### **Sydenham Green Health Centre**

Holmshaw Close  
 SE26 4TH  
 (entrance on Sydenham Road)  
 Tel: 0203 049 2710

Mon and Tues 2–  
 7pm  
 Weds, Thurs, Fri -  
 Closed

#### **Waldron Health Centre**

Amersham Vale  
 SE14 6LD  
 (Opposite New Cross

Mon, Tues and  
 Thurs 10am–7pm  
 Wednesday 1–7pm

Catford  
SE6 4JH  
Tel: 0207 138 1700

Mon–Thurs 2–  
7pm  
Friday 2–5pm

Station)  
Tel: 0203 049 3500

Friday 10am–5pm  
Saturday 10am–  
2pm

The website has the addresses and a list of pharmacies that provide emergency contraception.

Website – <http://www.lewisham.gov.uk/myservices/socialcare/health/sexual-health/Pages/default.aspx>

### **Check Your Bits (Chlamydia Testing)**

Via website only

### **Getting It On**

Via website only

### **Sexual Health Helpline**

0300 123 7123

### **Brook**

Via website only

## **39) Social Services**

### **Lewisham**

To make a Child Protection Referral – 0208 314 6660

For a discussion about whether or not to make a referral – 0208 314 3852

[mashagency@lewisham.gov.uk](mailto:mashagency@lewisham.gov.uk)

### **Southwark MASH**

Referral & Assessment Team – 0207 525 1921

[mash@southwark.gov.uk](mailto:mash@southwark.gov.uk)

Core hours: 9am-5pm Mon-Fri

Out of hours emergency – 0207 525 5000

### **Lambeth**

Referral & Assessment Team – 020 7525 1921 / 020 7525 5000

### **Bromley**

Referral & Assessment Team – 0208 461 7373/7309

## 40) Staff Support

### Education Support Partnership

08000 562 561

## 41) Whistleblowing

### NSPCC Whistleblowing Helpline

0800 028 0285

## 42) Young Carers

### Lewisham Young Carer's Service

Carers Lewisham supports Carers in the London Borough of Lewisham aged 5 upwards. It provides a range of services including advice, information, emotional support, breaks and opportunities to meet other carers.



Specialist support for young carers who may be taking on adult responsibilities in the home due to a parent or relative being physically or mentally unwell or suffering from alcohol or drug dependency.

Address: Lewisham Carers Centre, Waldram Place, Forest Hill, SE23 2LB.  
Tel: 08000 198 841 / 020 8699 8686  
Email: [youngcarers@carerslewisham.org.uk](mailto:youngcarers@carerslewisham.org.uk)

**Off The Record** – Counselling/Support for Young Carers. At Off The Record we provide a wide range of free, friendly and accessible support services for young people who live, work or study in Croydon.



Address: 72 Queen's Road, Croydon, CR0 2PR  
Tel: 0208 251 0251  
Email: [info@offtherecord.croydon.org](mailto:info@offtherecord.croydon.org)

### Peer Support Project – Supporting Young Carers and their Families

219 Stanstead Road, Forest Hill, SE23 1HU

Tel: 0208 690 3636  
Email: [lewishambb@family-action.org.uk](mailto:lewishambb@family-action.org.uk)

### Young Carers

C/o Carers' National Association



20-25 Glasshouse Yard  
London  
EC14 4JT  
0207 490 8818    0345 573 369 (Helpline)

#### **43)      Youth centres / clubs**

**TNG Youth Centre** – This Youth Centre offers a contemporary, fun and safe space for young people to congregate in the evenings and at weekends. It also offers holiday activities, workshops and day trips.

111 Wells Park Road, Sydenham, SE26 6AD

Girls Only Night – Tuesdays 6.15pm-8.45pm  
Tel: 0208 291 1601

#### **44)      Youth Crime / Community Police**

**Release (Rights on Arrest)**  
0845 45 00215

**Adolescent Resources Team**  
0208 314 9229  
Mercia Grove  
Lewisham  
SE13 6BJ

#### **45)      Youth Offending**

**Youth Offending Service – Girls Only Club**  
23 Mercia Grove, London SE13 6BJ

Main contact:            Ruth Osbourne  
Tel:                        07710387878/0208 314 8142

#### **Respect**

Focus on interventions with young people who use violence and abuse in close relationships, whether its relationship abuse, adolescent to parent violence or abusive behaviour within the family e.g. sibling abuse, young parent abuse.

Website – <http://respect.uk.net/work/respect-young-peoples-service/>