



EARLY HELP - Self-Harm and Suicide Prevention Support Services

DROP IN SCHOOL NURSE SERVICE SUMMER 2017 Confidential School Nurse Advice and Support for Young People

Call: 07500 783914 for support if deciding whether to drop in.

Confidential drop in service for young people who want support and advice to help them cope with feelings of anxiety, distress and other emotional difficulties over the summer holidays.

Tuesdays: NonSuch High School: 10am - 3pm (except Tues August 1st)

Wednesdays: Thomas Wall Children's Centre: 1 - 4pm

Thursdays: Europa Gallery Civic Centre: 10am - 4pm

No appointment needed

From 24th July 2017 and ending on 29th August 2017.

DIRECTORY OF LOCAL AND NATIONAL ADVICE AND SUPPORT SERVICES

	Organisation	Contact details
1.	<p>SKYLINE AND SKYCAST - online counselling service</p> <p>SkyLine is a free and friendly online counselling service for young people in Sutton. A safe online space to help young people talk about difficult things they might be facing. An allocated trained counsellor will listen and support the young person. Skycast is a free online group workshops. They offer practical tips and info about issues young people might be struggling with as well as the opportunity to meet other young people and share ideas in a safe, secure and confidential chat room. Past Skycasts are available online for young people to access.</p>	Website: www.skylinesupport.org
2.	<p>JUMP START</p> <p>Jump start offer one-to-one counselling sessions for young people aged 11-25 in Sutton. The sessions focus on feelings, beliefs and experiences with the support of a skilled listener. Professionals can refer children aged 11 – 17. Children 14 – 25 are able to self-refer.</p>	<p>Tel: 020 8680 8899</p> <p>Email: info@jumpstartsutton.org</p> <p>Website: www.talkofftherecord.org</p>
3.	<p>SCHOOL NURSES</p> <p>School Nurses are registered nurses who have professional experience in supporting the health needs of all school aged children. They work as part of a skill mix team of specialist practitioners, school staff nurses, nursery nurses and support workers. Also provides assessment, advice and support for physical health needs.</p>	<p>Email: Rmh-tr.SchoolNursesSutton@nhs.net</p> <p>Website: www.schs.nhs.uk</p>
4.	<p>SUTTON CAMHS</p> <p>Child and Adolescent Mental Health Service – helpS to promote emotional wellbeing and provide treatment to children and young people with mental health problems and disorders which impact significantly on daily functioning.</p>	<p>Tel: 0203 513 3800</p> <p>Email: ssg-tr.suttoncamhs@nhs.net</p>
5.	<p>SUTTON COUNSELLING</p> <p>Counselling for 16's and above. Clients can self-refer or through their GP who may be offered local Sutton & Merton IAPT Service. (Fee's</p>	Tel: 020 8661 7869

	may apply - A bursary scheme is available for those on very low incomes.)	Email: info@suttoncounselling.co.uk www.suttoncounselling.co.uk
6.	SWITCH Switch is a young person's drug & alcohol service based in Sutton. They work with young people offering them support and information that is needed to help make healthier choices around their drug & alcohol use. They also provide information for the families & carers of young people who are struggling with substance misuse	Tel: 020 8773 1881 Email: referrals@inspirepartnership.org.uk Website: www.inspirepartnership.org.uk.
7.	MAPS MAPS is an early intervention programme supporting young people with complex life circumstances to achieve their full potential through the support of a volunteer mentor and/or specific project work. They mentor children and young people who live in the London Borough of Sutton between ages 8 – 21 years.	Tel: 020 8661 5900 Email: MAPS@vcsutton.org.uk Website:www.mapsmentoring.co.uk
8.	RIVERSIDE CENTRE Local community centre that have a venue for various courses including wellbeing workshops. They are also the home of "Time Out Youth Project" working with young people in Sutton and hold local youth clubs and activities.	Website: www.riversidecentre.org
NATIONAL HELPLINES AND RESOURCES		
	<ul style="list-style-type: none"> Samaritans The Samaritans are a 24 hour confidential, listening service providing emotional support to anyone in crisis. Calls to their crisis line do not appear on phone bills. Young Minds Young Minds provide advice for children and teens suffering with mental health on where they can do for support. They also have specific projects including "no harm done" To reassure those affected by self-harm that things can and do get better. They provide resources for young people, parents and professionals. NSPCC The National Society for the Prevention of Cruelty to Children is a charity campaigning and working in child protection in the United Kingdom and the Channel Islands. They have put together a self-harm webpage to provide information including why children self-harm, how to spot the signs and where to go to get help. Get Connected Get Connected is the UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn. Open 365 days a year, for absolutely anything you're going through. TEL: Monday-Friday from 1pm-11pm every day, calls free from landlines and most mobiles. HOPELineUK HOPELineUK is a national confidential support service for any young people (under 35) at risk of suicide, or anyone worried about a young person at risk of suicide. The helpline is open 10am-10pm Monday-Friday, Weekends 2pm-10pm, and Bank Holidays 2pm-5pm. 	Website: www.samaritans.org/how-we-can-help-you/contact-us Parents helpline 0808 802 5544 Website: https://youngminds.org.uk/what-we-do/our-projects/no-harm-done/ Tel: 0808 800 5000 www.nspcc.org.uk/preventing-abuse/keeping-children-safe/self-harm/ Tel: 0808 808 4994 Website: www.getconnected.org.uk Tel: 0800 068 41 41 SMS: 07786 209697 Email: pat@papyrus-uk.org