



kooth.com Free, safe and anonymous online counselling service for young people 11-26 years old. Find us at [kooth.com](https://www.kooth.com) for instant access to our team of fully trained counsellors who can support you through any crisis that you might be experiencing. Monday – Friday 12pm – 10pm Saturday – Sunday 6pm – 10pm



Freephone, 24hr National Domestic Abuse Helpline :0808 2000 247  
<https://www.nationaldahelpline.org.uk/>



Go to [youngminds.org.uk](https://www.youngminds.org.uk) for free mental health being resources for young people. The Young-Minds Crisis Messenger text service provides free, 24/7 crisis support across the UK to young people. If you are experiencing a mental health crisis and need support, you can text YM to 85258



We are here to help families who are struggling financially. If you are struggling with purchasing essential items for your baby or pre-school child, we can help. Contact Nicola on 07826 843655 who will make a referral on your behalf.  
  
If you can afford these essentials but are self-isolating, please contact your local council.



[Childline.org.uk](https://www.childline.org.uk) You can talk to us about anything. No problem is too big or too small. Call us free on 0800 1111 or get in touch online. However you choose to contact us, you're in control. It's confidential and you don't have to give your name if you don't want to



During Covid 19 the rules on Landlords issuing seeking possession notices has changed. If you are worried about this click on this link to check and go to housing  
<https://www.gov.uk/coronavirus>



If you find yourself struggling for food call Nicola on 07826 843655 or 0208 291 1250 and I will be able to make a referral on your behalf to the Lewisham Foodbank



<https://www.citizensadvice.org.uk/>  
<https://www.advicelewisham.org.uk/>  
<http://evelyn190centre.org.uk/housing.html>  
  
For general advice on housing, debt, benefits and employment, immigration



Social prescribing helps you find ways to improve your health and wellbeing. It does this by connecting you to events in your local area. This could be anything from art classes and social activities for adults who are isolated, to getting benefits and legal advice. Social prescribing allows you to access activities that meet your wider emotional, physical and social needs. During covid there will probably be a revised service. **Call your GP for a referral.**