

Support for young people
and families during the
summer break

USEFUL CONTACTS FOR CHILDREN AND FAMILIES OVER THE SUMMER BREAK

Mental Health:

E-Motion – a free online counselling service for young people aged 12-18 years

www.e-motion.org

MIND – a national mental health charity

www.mind.org

Kooth - an online free counselling and emotional well-being platform

www.kooth.com

i-Rock Hastings and Rother – if you need someone to talk to

Email at irockhastings@gmail.com

Young Minds – children and young people’s mental health charity

<https://youngminds.org.uk>

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Young People in Care:

Become – offer help, support and advice to children in care and young care leavers

www.becomecharity.org.uk

Young People with Disabilities:

Life Train – focuses on the development of young people with disabilities

www.lifetrain.org.uk

Cultural and Religious Support

Muslim Youth Helpline – provide information and advice to young people up to the age of 25

www.myh.org.uk

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Runaways and Children Reported Missing:

Runaway Helpline - is there to help you if you have , or are thinking about, running away

www.runawayhelpline.org.uk

Health and Wellbeing:

Kids Health – support with issues such as body image, sexual health, drugs, alcohol

www.kidshealth.org

East Sussex School Health Service – help and advice if you are worried about a health issue

Text 07507332473

Teenage Health and WellBeing

<https://familylives.org.uk> › advice › teenagers › health-...

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Child Exploitation

Banardos – offers information, support and guidance around child exploitation

www.banardos.org.uk

WiSE – working across East Sussex to support young people to stay safe in their relationships

www.ymcadlg.org

Bullying and Cyber Bullying

Anti-Bullying Alliance – offers information, support and guidance on all types of bullying

www.anti-bullyingalliance.org.uk

Young Carers

Supporting young carers and their families across East Sussex

Email youngcarers@imago.community

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Online Safety:

CEOP – Support if you have been a victim of online abuse or you're worried about someone else

www.ceop.police.uk/safety-centre/

ThinkuKnow – offers information and support around online safety, including grooming and bullying

www.thinkuknow.co.uk

Alcohol and Substance Misuse:

Talk to Frank – offers information and support around substance misuse

www.talktofrank.com

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Domestic Abuse:

Domestic Abuse Help Line – a free 24 hour Help Line

0808 2000 247

Sexual harassment and abuse:

NSPCC - support to children, young people and their families who want to share current and non-recent experiences of sexual abuse and harassment

Email help@nspcc.org

Sexuality

Mermaids – helping gender diverse young people

www.mermaidsuk.org.uk

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Victims of Crime

Victim Support – help for victims of crime, witnesses and their families

Free number on 0808 168 9111

Sexual Health:

Brook – offers clinical sexual health and education and wellbeing services for young people

www.brook.org.uk

Eating Disorders

B-EAT – support and information relating to eating disorders

Email fyp@beateatingdisorders.org.uk

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Other useful contacts:

Child Line - Get help and advice about a wide range of issues

Free number at 0800 1111

Cruse – offers support for bereaved people

Email helpline@cruse.org.uk

Samaritans:

Support and advice 24 hours a day

Free number 116 123

East Sussex School Health Team

<https://www.kentcht.nhs.uk › service › school-health-ser...>