



# Emotional wellbeing and mental health

SUPPORT SERVICES FOR CHILDREN AND YOUNG PEOPLE

# INTRODUCTION

## **Welcome to Lambeth's children and young people's emotional wellbeing and mental health E-Booklet.**

The purpose of this e-booklet is to provide Lambeth service information relating to children and young people's mental health and emotional wellbeing. It serves as a quick reference when highlighting some of the currently commissioned and noncommissioned services for our Lambeth children and young people. Parents/carers should note that this is not a complete list of Lambeth services. We have collated a list of some organisations that we think you may find useful when supporting your child's mental health.

Children and young people may need help with a wide range of issues at different points of their lives. Growing up is not easy and sometimes it's hard for children and young people to cope with whatever life throws at them. Supporting children and young people to be confident in taking age-appropriate

steps to improve their mental and emotional wellbeing, are the first steps a parent or carer can take when supporting children and young people as they journey towards being self-empowered individuals. Lambeth services can aid children and young people to reflect monitor and develop resilience towards self-sufficiency. Lambeth has services that cater for the different individual needs of the child.

By reading this e-booklet, we hope you and your child can benefit from Lambeth's diverse range of emotional wellbeing services.

We have also included within this e-booklet some non-Lambeth mental health and emotional wellbeing services which you may find beneficial.

This e-booklet is not intended to replace the Family Information Service at <https://www.lambeth.gov.uk/children-young-people-families/families-information-service>

Parents/carers should note that the Family Information Service is a directory of all local activities, organisations and services for children and young people. It also includes Ofsted registered childcare information. You will find a range of activities and services for children and young people aged 0–25 years.

For more information, guidance, and services specific to children with Special Educational Needs and Disabilities, visit our SEND Local Offer.



Lambeth is committed to delivering safe, high quality, flexible, professional services, coordinated in a way which puts children and young people at the heart of all services. Services on offer in Lambeth are delivered across three main tiers of provision:

**Universal services** which can be accessed by all children and young people.

**Targeted services** aimed at children and young people with a higher level of need over and above what is available through universal services.

**Specialist services** for children and young people with complex to severe mental health needs who require specialist assessment and treatment.



# UNIVERSAL SERVICES

## Lambeth Early Action Partnership (LEAP)

Lambeth Early Action Partnership (LEAP) supports families at every step through pregnancy and the early stages of a child's life. LEAP offers 20 services in central Brixton, Stockwell, Tulse Hill, and Myatt's Field.

These services include a range of one-to-one or group sessions across various topics including diet and nutrition, communications and language, and social and emotional wellbeing.

### Contact

Tel: 07947 709 770

Email: [leapadmin@ncb.org.uk](mailto:leapadmin@ncb.org.uk)

### How do you access the service?

For information please visit [www.leaplambeth.org.uk/events](http://www.leaplambeth.org.uk/events)

## Empowering Parents, Empowering Communities (EPEC)

Empowering Parents, Empowering Communities (EPEC) offers parenting groups led by local parent group leaders. They have completed EPEC training and receive ongoing training, supervision, and support from parenting specialists.

### Parenting programmes on offer:

- Being parent (for parents of children aged 2–11)
- Baby and Us (for parents of babies aged 0–1)
- Living with Teenagers (for parent of adolescents aged 12–16).
- Being a parent (\*for children aged 1–3)
- Being a parent of a child with ASD – Autistic Spectrum Disorder

### How do you access this service?

Consult Lambeth council  
[www.lambeth.gov.uk](http://www.lambeth.gov.uk)

### Contact

[epec@slam.nhs.uk](mailto:epec@slam.nhs.uk)

## Evelina School Nursing Service

Evelina School Nursing Service provides health support to children attending school across Lambeth, also for children & young people who are educated other than at school and living in Lambeth. Evelina provides advice, offers support, and completes holistic health assessments. Evelina can refer to a range of services if underlying health needs are identified, requiring specialist support.

### How do you access this service?

General enquires:  
[gst-tr.schoolnurseSPE@nhs.net](mailto:gst-tr.schoolnurseSPE@nhs.net)  
Telephone: 0203 049 4777  
Self-Referrals can be made.  
Professionals can use a referral form via the website below:  
[www.evelinalondon.nhs.uk/schoolnursingreferrals](http://www.evelinalondon.nhs.uk/schoolnursingreferrals)

### Contact

Parents & Young people telephone:  
0203 049 4777  
Young People aged 11–19 can text:  
07507 332150  
Parents, carers & guardians can text:  
07520 631 130



# UNIVERSAL SERVICES



## Chat Health

Chat Health is for young people aged 11–19. Children and young people can text a school nurse for confidential health advice and support. The text messaging service is operated by school nurses for children and young people to access. Children can ask for advice on physical and emotional health needs.

Nurses are available to chat on a range of issues such as:

- Illness
- Bullying
- Self-harm
- Emotional health
- Sexual health
- Contraception
- Alcohol
- Smoking
- Drugs.

**How could your child access this service?**

Simply encourage your child or young person to text Chat Health on 07507 332 150. School nurses aim to respond to text messages within 24 hours. The service is available Monday to Friday (except bank holidays), 9am–5pm.

Your network provider will charge their usual rate for text messages.

## Parentline

Parentline is a text messaging service, operated by school nurses, for parents, carers, and guardians to access.

Parents can ask for advice on issues relating to their children, such as:

- Emotional health and wellbeing
- Keeping healthy
- Bedwetting
- Sleep
- Bullying
- Keeping safe
- Growing up
- Dental health
- Support with medical conditions in school.

**How do you access the service?**

Simply text Parentline on 07520 631 130. School nurses aim to respond to your message within 24 hours. This service is available Monday to Friday (excluding bank holidays), 9am–5pm.

Your network provider will charge their usual rate for text messages to send.

## DID YOU KNOW?

One in 10 children has a diagnosable mental health condition, equating to roughly three children in every classroom



# UNIVERSAL SERVICES



## Lambeth's Youth and Play Team

Lambeth currently fund all year-round services from a vast number of organizations. 19 of these services focus on improved mental health and emotional wellbeing.

### Some of these organisations are below:

- **Streatham Youth and Community Trust (Adventure Playground)**

Streatham Vale Park, Abercairn Road  
SW16 5AL

#### Contact

Tanika Hibbart  
Telephone: 07903184360  
Email: tanika@syct.org.uk  
Web: www.syct.org.uk

- **Colours**

Youth club for teenagers from LGBTQ+ community. Thursdays 6pm–8pm

#### Contact

Mark Wood  
Telephone: 07554 333163  
Email: Mark@syct.org.uk

- **Streatham Youth Club**

At Conyers Road, Streatham, SW16 6LS  
Tuesday – Friday evenings 8–18 years

#### Contact

Mark Wood  
Telephone: 07554333162  
Email: Mark@syct.org.uk

- **Rathbone Youth Club**

Two Youth Club delivery sites:

#### Rathbone Youth Club

The Old Library 14–16 Knights Hill West  
Norwood, SE27 0HY or

#### Central Hill Community Youth Club

Central Hill Estate, Lunham Road  
SE19 1AA

#### Contact

Andrew Preston or Charlie King  
Telephone: 020 8766 9280  
Email: a.preston@rathbonesociety.org.uk  
or c.king@rathbonesociety.org.uk  
Web: www.rathbonesociety.org.uk

- **Marcus Lipton Community Enterprise**

Marcus Lipton Centre  
Minet Road, Brixton, SW9 UH8

#### Contact

Margaret Pierre  
Telephone: 020 3137 1161  
Email: margaret@mlcommunity.co.uk  
Web: www.mlcommunity.co.uk

- **Triangle Adventure Playground**

Ashmole Street, SW8 1NE

#### Contact

Johnathan Choo  
Telephone: 07900 475143  
Email: triangleapg@gmail.com  
Web: www.triangleadventureplayground.com

- **Grove Adventure Playground**

18 Gordon Grove, Brixton, SE5 9DT

#### Contact

Sean Hine or Charmaine Bolah  
Telephone: 020 72743893  
Email: groveexecutive@gmail.com  
Web: www.grove-playground.org.uk

- **Alford House**

Aveline Street, Kennington, SE11 5DQ

#### Contact

Tim Saunders  
Telephone: 020 7351 519  
Email: tim@alfordhouse.org.uk  
Web: www.alfordhouse.org.uk

## DID YOU KNOW?

70% of parents speak to their children about their emotional health and wellbeing more than their own parents did

# UNIVERSAL SERVICES

## South Central Youth

South Central Youth is a Lambeth-based charity working to improve the life chances of young people. The specialist team, work at community level, build strong relationships and a sense of kindship. They provide Free Play Therapy, Creative Therapy, Art Therapy, Mentoring for young people aged 10–18 years (up to 24 years for SEND).

### How do you access the service?

There are no set criteria. To use the services of South-Central youth. Young people can self-refer, and appointments are arranged around young people / families.

### How could your child access this service?

Simply encourage your child or young person to text Chat Heath on 07507 332 150. School nurses aim to

respond to text messages within 24 hours. The service is available Monday to Friday (except bank holidays), 9am–5pm.

Your network provider will charge their usual rate for text messages.

### Contact

16 Wellfield Road, Streatham, SW16 2BP  
Website: [www.scyouth.org](http://www.scyouth.org)

## Free2b Alliance

Free2b Alliance is a London based community organisation, supporting LGBTQ+ young people and their parents. Free2b Alliance challenges homophobia, biphobia, and transphobia. Free2b also provides safe spaces, championing empowerment & acceptance, and a place where you are FREE2B!

### What is offered?

- Groups providing safe social space for LGBTQ+ / trans / nonbinary young people.
- 121 support for LGBTQ+ / trans / nonbinary young people
- Monthly / 121 parent support groups of trans gendered young people.
- Awareness training for organizations / schools.

### Contact

Telephone: 07757 502 726 / 07529 221 239  
Email: [hello@free2b.lgbt](mailto:hello@free2b.lgbt)  
Website: <https://free2b.lgbt>

## Lambeth Families Information Service

The Families Information Service (FIS) provides parents and carers with free impartial information and assistance about local services, available to children and young people.

### What is offered?

This includes the publication of a free online resource. Providing details about all activities, and services available to children and young people in Lambeth, and all registered childcare in the borough.

### Contact

Telephone: 020 7926 9558  
Available Monday to Friday 9am – 5pm  
Email: [fls@lambeth.gov.uk](mailto:fls@lambeth.gov.uk)



# UNIVERSAL SERVICES



## Ashdon Jazz Academy AJA

AJA provides help for vulnerable young women who maybe suffering from self-esteem issues, bullying in relationships, family breakdowns, stress and anxiety, involvement in criminality and gangs. For those who may be at risk of exclusion a mentor is provided and usually lasts for six months.

### What is offered?

- Mentoring
- Weekly drop in
- Workshops
- Weekend retreats.

### How do you access the service?

AJA accepts self-referrals directly and referrals from statutory and voluntary organisations.

### Contact

Old Library, 14–16 Knights Hill  
West Norwood, SE27 OHY  
Tel: 07949 875 605  
Email: [ashdonjazzacademy@yahoo.co.uk](mailto:ashdonjazzacademy@yahoo.co.uk)  
Website: [www.ashdonjazzacademy.org.uk](http://www.ashdonjazzacademy.org.uk)

## Lambeth Special Educational Needs (SEND) Local Offer

Lambeth Special Educational Needs and/or Disability (SEND), local Offer is a place to find out about services for children and young people aged 0–25years with special educational needs and disabilities (SEND). If you want to know about education, health, social care or how to prepare for adult

life. If you're a Carer, young person or a professional, choose the path that's right for you.

### How do you access the service?

Self-referral.

### Contact

Website: [www.lambeth.gov.uk/send](http://www.lambeth.gov.uk/send)

## Inspirational Youth and The Aeon Project IY&TAP

IY&TAP hosts programs for primary and secondary school children in Lambeth. Brazilian Ju-Jitsu sessions are offered.

### What is offered?

- Transition programs.
- School half-term / holiday camps
- Mental health and target programs/
- Workshops for girls and women who have been a victim of violence.

### Contact

The John Corfield Centre, Conyers Road,  
Streatham, SW16 6LS  
Email: [info@inspirationalyouth.org](mailto:info@inspirationalyouth.org)  
Website: [www.inspirationalyouth.org](http://www.inspirationalyouth.org)



# UNIVERSAL SERVICES



## Union of Capoeira UNICAP

UNICAP aims to improve the physical, emotional health and wellbeing of children, young people and adults. Capoeira is a Brazilian martial art – incorporating self-defense, dance, acrobatics, philosophy, instrumental playing and singing. There is also a range of other dance, music, visual and structured play. UNICAP operates from the Streatham Capoeira Centre and Kennington Park Centre.

### What is offered?

- Capoeira Classes – 14 weekly classes are hosted at the Streatham Capoeira Centre aged 3 years and above for beginners to advance
- Young Capoeira Leader – are classes for more experienced young people, who learn how to teach and support less experienced young people
- Ballet, Drama, Yoga, Pilates, Meditation, Drum kit and afro-Brazilian drumming Classes.

### How do you access the service?

Self-referral.  
Referral by professionals.

### Contact

UNICAP, 136 Streatham High Road, SW16 1BW (Entrance on Woodbourne Barclays Bank)  
Tel: 07739 973 890  
Email: [admin@uincap.com](mailto:admin@uincap.com)  
Website: [www.uincap.com](http://www.uincap.com)

## Young People Matter

Young People Matter, nurtures the potential of children, promoting healthy living, and fostering a sense of social responsibility with children and young people aged 4–11, 12–19 and over 18 years of age.

### What is offered?

- Curriculum enriching programmes
- Weekly boys' and girls' nights
- Breakfast, after school and holiday camps
- Courses
- Community cohesion events.

### How do you access the service?

Self-referral

### Contact

Website: [www.lambeth.gov.uk/send](http://www.lambeth.gov.uk/send)

# TARGETED SERVICES

## Targeted community health services

Evelina London currently delivers universal health services and targeted health services which includes pediatrics and therapies such as physiotherapy, speech and language therapy and occupational therapy. Included within this offer is early intervention and

ongoing support for neuro – developmental conditions including Autistic Spectrum Disorder (ASD) and Attention Deficit/Hyperactivity Disorder (ADHD).

### How do you access this service?

- GP
- School
- Health Visitor
- Social Worker

- A range of professionals from children's services.

### DID YOU KNOW?

One in six young people aged between 16-24 has symptoms of a common mental health disorder such as depression and anxiety

## Lambeth's Educational Psychology Service

This service sits within the children's services at Lambeth Council. It is made up of a team of registered Educational Psychologists who focus on promoting the development, learning, social and emotional wellbeing of children and young people aged 0–25.

### How do you access this service?

If you think your child would benefit from involvement with an educational psychologist, talk to the special educational needs coordinator (SENCO) at your school, college, or preschool setting. The SENCO will consider the issues raised and work with you and your child to address your concerns using a graduated approach. The SENCO will work with you to evaluate the impact of their support. The Educational psychology service supports educational

settings and supports children and young people by working closely with teachers and educational staff.

### How do you access these services?

Children and young people can access this service via schools where Place2Be are working. If your school does not have Place2Be then please use the contact information below for support.

## Place2Be

Place2Be provides emotional and therapeutic services in primary and secondary schools, building children's resilience through talking, creative work and play. Place2Be helps children and young people to cope with wide-ranging and often complex social issues including bullying, bereavement, domestic violence, family breakdown, neglect, and trauma.

### Services include:

- Mental health support and counselling services in schools
- Mental health training for school staff
- Resources for schools
- Counselling qualifications and training placements
- Advice for parents, carers, and guardians through the parenting smart website.

### How do you access these services?

Children and young people can access this service via schools where Place2Be are working. If place2be is not operating in your school, please contact Place2be.

### Contact

175 St John Street, Clerkenwell, EC1V 4LW  
Tel: 020 7923 5500  
Email: [enquiries@place2be.org.uk](mailto:enquiries@place2be.org.uk)

# TARGETED SERVICES

## ARCs service – related conditions support.

ARCS works in partnership with parents, carers and guardians of young people, and the multidisciplinary ADHD Strategy Group within the borough of Lambeth. ARCS aims to engage and equip, Lambeth young people, parents and children affected by ADHD (attention deficit hyperactivity disorder).

### How can this service benefit your child or young person?

- Provision of online resources
- Advice to schools, local services and professionals on how to support families affected by ADHD
- ADHD and ASD awareness training and events.

### Contact

Email: [maggie.owolade@arcslambeth.co.uk](mailto:maggie.owolade@arcslambeth.co.uk)  
 Website: [www.arcslambeth.co.uk](http://www.arcslambeth.co.uk)  
 Twitter: @arcslambeth  
 Instagram: @arcslambeth

## Lambeth's Early Help Service

Lambeth early help service works with children and young people up to the age of 18 years. To qualify for this service, a child under 18 is required to be in a family environment. The aim of the service is to help families who would welcome additional support. All families can encounter challenges, which may make it more difficult for children to achieve positive outcomes.

### Some of the services provided include:

- Telephone Support
- Direct visit and work with schools.
- Coordinating a plan of support
- Early Help Family Assessment
- Chairing Team around the family (TAF) approach
- Coordinated plan of support.

### How can you access this service?

This service is consent led and can be accessed by referral through:

- Health professional
- School / children services.
- Self-referral

### Contact

Telephone: 020 7926 3100 (24 hours)  
 Email: [helpandprotection@lambeth.gov.uk](mailto:helpandprotection@lambeth.gov.uk)  
 or [help.protection@lambeth.cjsm.net](mailto:help.protection@lambeth.cjsm.net)

## Parent and Infant Relationship Service (PAIRS)

PAIRS focus on attachment and emotional understanding between parents from pregnancy to 5 years of age. The service is available to families who live in the London Borough of Lambeth.

Further details can be found on the LEAP website. [leaplambeth.org.uk](http://leaplambeth.org.uk)

### Services include:

- Circle of Security Parenting (One-to-One)
- PAIRS (One to One)
- Together Time (Group Sessions).
- Incredible years (IV) Parenting Support

### How can you access this service?

Referral by:

- Health visitor
- GP
- Local children centre
- Midwife
- Self-referral.

### Contact: Melissa

Telephone: 07753 136 813 or 020 3228 6771  
 Email: [Pairs.Lambeth@SLAM.NHS.uk](mailto:Pairs.Lambeth@SLAM.NHS.uk)





# TARGETED SERVICES



## Young Carers Service Lambeth

This service is available to any young carer aged 5–24. A young carer usually cares for a family member/relative or friend with a range of physical or mental health conditions. This also includes the misuse of substances or alcohol.

The carers service provides emotional and practical support for young carers. 1:1 support, creative arts, and activities,

mentoring, advice and information, networking, and workshops.

### What services are on offer?

- Tailored support
- Monthly peer support group for ages 12 and upwards
- First Aid Training
- School holiday activities
- Information on training courses
- Free legal clinic.

### How do you access this service?

- Self-referral

### Contact

336 Brixton Road, SW9 7AA

Telephone: 020 7501 8970

Monday – Friday 9am–5pm

Email [Connect@Carershub.org.uk](mailto:Connect@Carershub.org.uk)

Facebook: @Carershub

Web: [www.carershub.org.uk](http://www.carershub.org.uk)

## Young Adult Carers Service

This service is available to young adult carers aged 13–18. A young adult carer usually cares for a family member/relative or a friend with a range of physical or mental health conditions. This includes the misuse of substances or alcohol. There are many ways the Young Adult Carers Service can support and help young people.

### What services are on offer?

- One to one support
- Creative arts and activities
- Mentoring
- Advice and information
- Peer to Peer networking.
- Workshops
- Tailored support
- School holiday activities

### How do you access this service?

- Self-referral to the Young Carers Service
- Social care / GPs / SLAM
- Other clinical services

### Contact

336 Brixton Road, SW9 7AA

Telephone: 020 7501 8970

Monday – Friday 9am–5pm

Email [Connect@Carershub.org.uk](mailto:Connect@Carershub.org.uk)

Facebook: @Carershub

Web: [www.carershub.org.uk](http://www.carershub.org.uk)

## Kooth

Kooth is an online mental health and wellbeing platform available on any internet browser. Providing free on-line and text-based professional counselling, peer-to-peer support, self-help with articles, goal setting and journals.

Kooth works closely with existing mental health services to compliment the service offered. Kooth signposts to children services, GP's and CAMHS when needed. Kooth provides support to children aged 10-25 years in southeast London, who may need advice, sign posting, support, ongoing help, and immediate risk management support.

### How do you access this service?

Children and young people can self-refer with no thresholds to access the service and no waiting lists.

### Contact

Children/Young People visit [kooth.com](http://kooth.com).

Parents/Carers email: [Parents@kooth.com](mailto:Parents@kooth.com)

Safeguarding: [Safeguarding@kooth.com](mailto:Safeguarding@kooth.com)

Email: [Contact@kooth.com](mailto:Contact@kooth.com)

# TARGETED SERVICES



## Mindheart Creative Therapies

Mindheart provides specialist creative arts psychotherapy to primary and secondary aged pupils in Lambeth and surrounding boroughs. They offer art, drama, family interventions, music, and Play therapy interventions. Mindheart provides safe spaces for children and young people to reflect on their feelings and struggles. Sessions support to develop skills which help to develop self-esteem, confidence, and emotional resilience amongst other areas of support.

### Services provided can include:

- Individual or group therapy sessions for CYP
- Support for children to develop coping strategies to manage emotional challenges.
- Peer group support, clinical supervision, and bespoke training as for school staff
- Support and teaching strategies for parents/carers to use with their children.

### How do you access this service?

Children and young people can access this service via their school where Mindheart

may be working. Contact the school's inclusion manager or SENCO who will support the referral process. If your school is without this service and you would like more information on what Mindheart has to offer, please visit website [www.mindheartcreativetherapies.org](http://www.mindheartcreativetherapies.org) Alternatively use the contact details below for more information.

### Contact

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

## The Gaia Centre

Living in a home where domestic abuse takes place can have a serious impact on a child or young person's emotional and physical wellbeing, as well as their behavior. If your child/young person is aged 11–17 years and has been affected by domestic abuse in the family home, the Gaia Centre can provide some support. If you are in immediate danger, call 999.

The Gaia Centre aims to improve and promote the emotional and physical wellbeing of children and young people.

### Services include:

- Emotional support
- Facilitating counselling
- Therapeutic interventions
- School liaison
- One to one confidential support
- Specialist gender-based violence advocacy
- A specialist service for girls 13–17 years
- A sanctuary scheme to improve home safety
- Early intervention service for 11–17 years
- Group support
- Peer support scheme to help break social isolation.

The Gaia Centre also seeks to identify further specialist support for children and young people when appropriate.

### How do you access this service?

This service is accessed via referral from:

- Social care
- The Police
- South London and Maudsley Trust and other mental health providers
- Physical health providers such as GP.

### Contact

Telephone: 020 7395 7700

Web: <https://www.refuge.org.uk/>

# TARGETED SERVICES



## The Oasis Hub Waterloo

The Oasis Hub Waterloo has been involved in the Waterloo community for over 15 years, striving to help people of all ages and situations feel included. The hub aims to create a community where all is valued, thrives, and enjoys life in all its fullness.

### Contact

1 Kennington Road, Southwark, SE1 7QP  
Telephone: 020 7921 4200  
Web: <https://www.oasisuk.org/>

### DID YOU KNOW?

800,000 young carers aged between 15-17 care for an adult or family member in the UK

## Lambeth Mental Health Team (LMHST)

LMHST provides early intervention support to both primary and secondary schools. This Includes one-to-one parent led and adolescent guided self-help interventions.

### Services include:

- Support with fears and worries
- Whole school approach
- Sign posting to other services.

### How do you access this service?

Schools have a designated mental health lead. The mental health lead will complete an application.

### Contact

LambethMHSTeam@slam.nhs.uk

## Lambeth Cruse

If you have experienced loss through bereavement, Lambeth Cruse delivers a bereavement service for children, young people and their families affected by bereavement, and struggling with grief.

### Services include:

- Advice and support to parents or others affected by a death in the family where there is child.
- A dedicated service for children and young people under 18

- Cruse Bereavement Freephone National Helpline and website for children and teenagers
- Counselling
- 121 sessions with a trained bereavement counsellor
- Welfare rights information
- Bereavement and support groups (parents)
- Training and advice to schools and other organizations to help them to support bereaved young people.

### How do you access this service?

- Self-referral.

### Contact

St Andrews Church, Short Street, SE1 8LJ  
Telephone: 020 7620 3999  
Email: [lambeth@Cruse.org.uk](mailto:lambeth@Cruse.org.uk)  
Website for children and young people: [www.hopeagain.org.uk](http://www.hopeagain.org.uk)  
Web: [www.cruse.org.uk](http://www.cruse.org.uk)



# TARGETED SERVICES



## Mosaic LGBTQ+

Mosaic is an Organisation that works with young LGBTQ+ people under the age of 18, to design and deliver services that support, educate, and inspire.

### Here are some of the provisions on offer:

- Youth Club every Wednesday (6.30pm – 9pm) and Sunday (12pm–3pm)
- Counselling and drama therapy sessions
- Culture Club which offers access to a diverse range of cultural outings like the cinema, theatre, and art with LGBTQ+ themes
- The summer camp and winter retreat are residential delivered twice a year, that seek to offer young people an

opportunity to get away from busy London and participate in fun and engaging activities in a safe and affirming environment

- Mentoring
- Support with professionals who work with LGBTQ+ young people and 1:1 support for parent and carers.

### How do you access the service?

- Open access service
- Self-referral.

### Contact:

Telephone: 0300 800 5428

WhatsApp: 07550 124 393

Email: [welcome@mosaictrust.org.uk](mailto:welcome@mosaictrust.org.uk)

Web: <https://www.mosaictrust.org.uk>

### DID YOU KNOW?

Sexual and gender minority youth were more than three times as likely to have self-harmed than their heterosexual peers (Youth 2000 series survey)

## Safer London

Safer London provides an Emotional Support Service for children who have been sexually abused. The service works collaboratively with a hub of specialised professionals to improve the physical, mental, and emotional wellbeing health outcomes for children, young people, and their families, following disclosure of child sexual abuse (CSA). Safer London offers emotional support and guidance to young people. Trained medical professionals carry out assessments. Safer London offers 8 sessions or 12 weeks of support.

### How can this service help child survivors of sexual abuse?

- Practical Support
- Initial medical assessment
- 1:1 support
- Advocacy and advice
- Signposting to local family support services in the borough for additional support.

### How do you access this service?

This support service is accessed by referral only.

- GPs
- Social Workers
- Schools

- A & E
- Other professionals working with families.

### Contact:

Skyline House, 200 Union Street, SE1 0LX

Telephone: 020 7021 0301

Email: [referralandassessmentteam@saferlondon.org.uk](mailto:referralandassessmentteam@saferlondon.org.uk)

Web: <https://saferlondon.org.uk/>

# TARGETED SERVICES



## St. Giles Trust

If you are worried about a child or young person who is/may be at risk of gang involvement and criminal exploitation, St Giles Trust works with vulnerable young people in Lambeth who are involved with or at risk of criminal exploitation and gang involvement. St Giles Trust takes a 'whole family' approach, helping to support the family to stay safe.

### What services are on offer?

- Children and families – Support for the young person and their family. Borough Line – Support for young men who are at risk. Support includes employment and functional life skills.
- Expect Respect – Support for young women around empowerment and independence. Expect Respect also engage with young women in positive activities within their community.
- SOS – The SOS service will support young people who have or currently been exposed to gang and/or youth crime and/or violence. Service includes 1-2-1 targeted youth support, community-based support for individuals in the criminal justice system and support in training and/or further education.

### How do you access these services?

These services can only be accessed by referral only from:

- Social workers
- Schools
- Other professionals working with families.

### Contact

Email: [info@stgilestrust.org.uk](mailto:info@stgilestrust.org.uk)

Referrals: [ServiceManagers@stgilestrust.org.uk](mailto:ServiceManagers@stgilestrust.org.uk)

## The Well Centre

The Well Centre brings together primary care and wellbeing, offering holistic assessments spanning physical and emotional health. The Centre is for young people aged 11–20 years. The Well Centre has Health and Wellbeing Practitioners. They can help with relationships, bullying, self-esteem, managing stress, confidence, identity, and referrals to community youth activities.

A counsellor can help with anxiety, depression, self-harm, past trauma, eating difficulties and other emotional worries.

A GP can explore physical and mental health and emotional wellbeing concerns, seek advice around smoking, healthy eating and exercise, contraception and sexual health advice, and the prescribing of medication.

### How do you access these services?

- Self-referral
- Parent/carer
- GP
- Social Worker
- Other health professional.

### Contact

Herne Hill Group Practice

74 Herne Hill, SE24 9QP

(Entrance via Kestrel Avenue)

Telephone: 020 8473 1581

Email: [lamccg.thewellcentre@nhs.net](mailto:lamccg.thewellcentre@nhs.net)

# TARGETED SERVICES



## Mosaic Clubhouse

Mosaic Clubhouse supports people living with a mental health condition, by providing volunteering opportunities, access to education and employment, crisis support and information for people aged 16–30.

### How can this service support your child or young person?

- Social events
- Support to access education and employment opportunities
- Young Adults Committee (which meets weekly)
- An opportunity for Young Adults to work alongside other Young Adults who have shared similar experiences.

### How can you access this service?

- GP
- Social Worker
- Other Health Practitioners
- Self-Referral (although a risk assessment form needs to be completed by a health professional).

### Contact

65 Effra Road, Brixton, SW2 1BZ

Telephone: 020 7924 9657

Email: [infohub@mosaic=clubhouse.org](mailto:infohub@mosaic=clubhouse.org)

Twitter: @MosaicClubhouse

Facebook: Mosaic Clubhouse

## Centrepont

If you are aged between 16–25 years, homeless or at risk of homelessness, Centrepont can support you. They can provide homeless young people with a place to stay, whilst receiving the help they need to move into independent living. In addition to housing support, they provide a Psychotherapy counselling service. This service is available to children and young people who are looked after by the local authority, and who have a need for therapeutic support. Support includes access to 1:1 counselling.

### How do you access this service?

This therapeutic service is available on referral by:

- GPs
- Sexual Health Services
- South London and Maudsley Trust and other clinical mental health and emotional wellbeing services
- Local Authority (children's social care)
- ICS – Integrated Care system.

### Contact

[Healthteam@centrepont.org](mailto:Healthteam@centrepont.org)

### DID YOU KNOW?

Singer, song writer, Solange Knowles and rapper, actor, Will Smith have ADHD (attention deficit disorder)



# TARGETED SERVICES

## Black Thrive

Black Thrive Global is anti-racist Organisation which evolved from the work of the black thrive partnership (established in 2016). Black Thrive Global exists to address the inequalities that negatively impact the mental health and wellbeing of black people. The black thrive partnership brings together individuals, local communities, statutory agencies, and voluntary organizations, to address the structural barriers that prevent black people from thriving.

Black Thrive Global centers around people's lived experiences, within data and research. Black Thrive Global develops and amplifies black leadership at every level of society, in the hope this will transform the experiences of black communities everywhere.

### Is there a direct service?

No, residents are encouraged to follow Black Thrive Global on social media and join the mailing list, so that they can learn more about opportunities and services delivered by our partners and local community members.

## Contact

Website: [www.lambeth.blackthrive.org](http://www.lambeth.blackthrive.org)

Twitter: @blackthriveLbth

Instagram: @blackthrive

### DID YOU KNOW?

Actress, writer and producer  
Whoopie Goldberg has  
dyslexia



# SPECIALIST MENTAL HEALTH SERVICES

## Community CAMHS

Lambeth Community Children and Mental Health Services (CAMHS) are made up of the following teams which together meet mental health and wellbeing needs of children and young people, usually up to the age of 18.

### Lambeth CAMHS Spring Team (Early Intervention) Service

The Spring Service offers short term interventions for those with low-risk mental health and behavioral difficulties (e.g., cognitive behavior therapy). Time limited interventions are offered, these are outlined below.

#### How can this service support your child?

- The service provides assessment, care, and short-term therapeutic treatment for up to six months, for children and young people who have mental health problems

- Consultation work with families and the social care network
- Sign posting to appropriate services in the community
- Psychoeducation groups to support young people to understand their emotional wellbeing
- Individual intervention: Cognitive Behavioral Therapy (CBT)
- Cognitive Behavioral Therapy informed guided self-help
- Dialectical Behavioral Therapy (DBT)
- Creative therapy (including Art, Drama, Music and Play)
- Psychotherapy

- Parenting intervention: Individual Parent Training e.g. (PIPT & VIG)
- Parenting groups such as Incredible Years and systemic family therapy.

#### How can you access this service?

By referral from:

- Parent/carer
- GPs
- Schools.

#### Contact

Telephone: 020 3228 7370

Email: [lambethcamhsreferrals@slam.nhs.uk](mailto:lambethcamhsreferrals@slam.nhs.uk)

### Lambeth River (Community Adolescence) Service

Lambeth River (Community Adolescence) Service provides assessment, treatment, and care for children and young people aged 0–18 who have moderate to severe mental health and learning difficulties.

#### How can this service support your child?

- Support for autistic spectrum disorder (ASD)
- Support for attention deficit hyperactivity disorder (ADHD)
- Support for Tourette's Syndrome (TS)
- Individual interventions
- Family interventions
- Psychological therapies, talking therapies, creative therapies, and medical management.

#### How can you access this service?

By referral from:

- Parent/carer
- GPs
- Schools.

#### Contact

Telephone: 020 3228 7330

Email: [lambethcamhsreferrals@slam.nhs.uk](mailto:lambethcamhsreferrals@slam.nhs.uk)



# SPECIALIST MENTAL HEALTH SERVICES



## Neurodevelopmental Pathway Service

The neurodevelopmental pathway service is for children and young people with a significant moderate to severe mental health condition. This also includes children and young people with a learning disability and/or neurodevelopmental differences.

The service offers assessment and treatment of mental health needs for children and young people up to the age of 18. The service is delivered by a small number of clinicians in a community mental health clinic.

### How can this service support your child?

The service offers mental healthcare and support for children, young people, and their families where the child or young person has a confirmed diagnosis of a learning disability/difficulty and/or neurodevelopmental differences such as:

- Autistic Specialist Disorder (ASD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Tourette Syndrome (TS) along with significant mental health challenges.

Neurodevelopmental Pathway Service offers treatment for mental health including depression, anxiety, and responses to trauma.

The services are likely to comprise of child and adolescent psychiatrists, clinical psychologists, music and drama therapists. There are workers within the service and across CAMHS who can offer support to children who are diagnosed with a range of conditions.

### How can you access this service?

By referral from:

- GPs
- Medical practitioner
- Schools
- Social Worker.

### Contact

Telephone: 020 3228 7370

Email: [lambethcamhsreferrals@slam.nhs.uk](mailto:lambethcamhsreferrals@slam.nhs.uk)

## Rapids (Crisis/Enhanced Treatment) Service

The Rapids service supports children and young people who are experiencing a mental health crisis, and who have severe or complex mental health needs. Where possible the service will try and keep young people out of hospital and ensure their care and treatment is delivered in the community.

### How can this service support your child?

- Psychodynamic Psychotherapy & Time-Limited Psychodynamic Psychotherapy (TAPP).
- Art Psychotherapy
- Specialist support for young people who are experiencing First-Episode Psychosis (FEP)
- Family Therapy
- Psychiatry assessment and ongoing support
- Pharmacological management
- Dual diagnosis
- Psychoeducation

Operational hours Monday – Friday, 9am–5pm term-time only. Late clinic is operational on a Monday evening from 5pm–7pm.

### How can you access this service?

By referral from:

- Parents/carers
- GPs / Medical practitioner
- Schools
- Social Worker.

### Contact

Telephone: 020 3228 5260

Email: [lambethcamhsreferrals@slam.nhs.uk](mailto:lambethcamhsreferrals@slam.nhs.uk)



# SPECIALIST MENTAL HEALTH SERVICES

## Children Looked After Mental Health Service (CLAMHS)

This service specializes in working with children and young people who are looked after by Lambeth Social care, aged between 0–18.

### How can this service support a child/young person who you care for?

- Care Planning Service (CPS) look at the overall mental health needs and care planning of a child or young person, who have come into the care system
- Ongoing Care Service (OCS)
- Advice and Information concerning any child or young person's mental health who has been placed outside of the borough
- Support to foster carers.

### How can you access this service?

By referral from:

- GPs
- Medical practitioner
- Schools
- Social Worker.

### Contact:

Telephone: 020 3228 6765

Email: [lambethclamhs@slam.nhs.uk](mailto:lambethclamhs@slam.nhs.uk)

## The Maudsley Centre for Child and Adolescent Eating Disorders (The Eating Disorders Clinic)

Eating Disorders usually begin at any time. If you are a parent/carer or professional, contact the Maudsley Centre for Child and Adolescent Eating Disorders, which operates across Southeast London (Lambeth, Southwark, Lewisham, Bexley, Bromley, Greenwich, and Croydon). The Maudsley site is located on Denmark Hill, where useful resources and help can be provided for children up to 19.

### How do you access this service?

- Self-referral which can be accessed online
- Health professional.

### Contact

Information and advice using the online service, or via phone. Monday – Friday  
Telephone 020 3228 2545, 9am–5pm

Clinical staff are also available Monday to Friday from 9am–5pm. Before making a referral, please ensure that you have consent from the young person or parent. Ensure you have the following information to hand when making the referral:

- Up-to-date height and weight measurements

Please note that there is no need to pursue any investigations by the GP first.

## OASIS

Oasis is delivered by SLAM for young people aged 14–25 years old, providing support in the form of talking therapies, medical consultation, and practical advice for young

people who are struggling with experiences like hearing voices or feeling paranoid.

### How do you access this service?

- Self-referral
- Referral by professional.

### Contact

Telephone: 020 3228 7214S

Email: [oasisreferrals@slam.nhs.uk](mailto:oasisreferrals@slam.nhs.uk)



# SPECIALIST MENTAL HEALTH SERVICES



## Youth Offending Service (YOS) CAMHS

The Youth Offending Service CAMHS team works with young people known to youth offending services who have mental health challenges, offering a range of therapeutic interventions. The team sits within Lambeth Youth Offending Service, comprising of clinical psychologists, dedicated liaison, and diversion mental health professionals.

### How can this service support your child?

Therapeutic interventions which include:

- One to one sessions
- Family therapy
- Group therapy.

### How do you access this service?

- Self-referral
- Referral by professional.

### Contact

LambethCAMHSYOSTeam@slam.nhs.uk

## Lambeth Harmful Sexual Behavior Service (HSB)

Lambeth Harmful Sexual Behavior Service (HSB) is part of YOS CAMHS and provides assessment and intervention for young people who are perpetrators of sexually harmful behaviors. The dedicated clinical psychologist works with the young person, their families, and other professionals.

### How do I access these services?

- GP
- Social Worker
- School
- Other Health Practitioner.

### Contact

Telephone: 020 3228 6765

### DID YOU KNOW?

Fewer than 1% of all children in England are in care, but Looked After Children make up 33% of boys and 61% of girls in custody (Beyond Youth Custody)

# OTHER USEFUL SERVICES

## Lambeth information and advice service (LIASS)

Would you like more information about your child's special educational needs (SEND) at school or college? LIASS provides confidential and impartial advice about SEND, to parents/carers who are worried about their child's progress at school. Advice is also given in relation to education, health, and care plans (EHCP). Young people can also use the service to acquire advice, support, and information around their own SEND. There is also useful Information for

professionals supporting children, young people, and parents.

### Other services include:

- Information pertaining to the law around SEND and services
- The Lambeth Local Offer
- Local early-years settings, schools, colleges, post 16 provisions
- Mediation, SEND Tribunal hearings and dispute resolution
- How other organizations may be able to help and support you
- Support with preparing for and attending a meeting

- Support with writing letters and understanding reports
- EHCP applications and annual reviews.

### How do you access this service?

Simply send the LIASS an email or call them using the details below. This service is for both parents/carers and young people.

### Contact

Email: [lambethiass@lambeth.gov.uk](mailto:lambethiass@lambeth.gov.uk)  
Telephone: 020 7926 1831 or 020 7926 9805  
Web: [www.lambethiass.org.uk](http://www.lambethiass.org.uk)

## Legal Advice

Lawstuff provides FREE legal Information to children and young people, providing information about your children and young people (CYP) legal rights. This service is for CYP aged 10–25.

### How can this service help your child?

- Police and law issues
- Children's services
- Education
- CYP who is not from the UK

- Home and family
- Abuse and bullying
- Sex, health and drugs
- Online safety and more.

### How do you access this service?

As a parent/carer you can contact the service using the online contact form, where you can seek information pertaining to child law and advice. For example, parental disputes. Emails received from parents will be passed onto the Child Law Advice Service.

## DID YOU KNOW?

**Suicide is the leading cause of death in young people, accounting for 14% of deaths in those CYP aged between 10-19. Low in comparison to other countries, but is on the increase in the UK**

### Contact

Web: <https://lawstuff.org.uk/>

## HopelineUK

Offers help and advice around young people's suicide prevention. Helpline 365 days a year, 9am–12am (midnight).

### Contact

Telephone: 0800 068 4141  
Text: 07860 039 967





# OTHER USEFUL SERVICES

## Citizens Advice Bureau

Helping people to resolve their legal, money and other problems by providing free independent confidential advice.

### How can this service support parents?

- Benefits
- Work
- Debt and money
- Consumer
- Family
- Housing
- Law and courts
- Immigration
- Health.

### How do you access this service?

Parents can access this service via:

- The website
- Online chat.

### Contact

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

## Victim Support

Free and confidential advice to victims of crime, witnesses as well as their family and friends.

### How can this service help a victim of crime?

- Information and advice
- Immediate emotional and practical help
- Longer term emotional and practical help
- Advocacy
- Peer support and group work
- Restorative justice
- Personal safety services
- Help in navigating the criminal justice system.

### How do you access this service?

Find your nearest Victim Support team at the website.

### Contact

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

## Beat Eating Disorders

If you know a child or young person who has an eating disorder, you are not alone, there is support available. Beat is a service which supports young people under the age of 18 who are worried about their eating. There is also support for friends and family. Beat can also help you to support them.

### Some of the services provided by Beat:

- Helpline
- Online support
- Self-help groups
- Support for friends, parents, carers
- Chatrooms
- Message Board
- Support with overcoming bad decisions

### How do you access this service?

- Self-referral
- Parent/carers referral
- Referrals through children's services.

### Contact

Help for young people 0808 801 0677  
Email: [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)  
Website: [www.beateatingdisorders.org.uk/](http://www.beateatingdisorders.org.uk/)



# OTHER USEFUL SERVICES



## Alumia

Are you worried about a young person aged between 14–19 who might be self-harming? Alumia is an organisation which supports young people who you may be worried about. This is an online only service where young people can participate as part of a group, made up of eight young people with two leaders who meet once a week for seven weeks. The service offers a friendly inclusive, non-judgmental space, where tools are offered to young people to help with the urge to self-harm.

**This is not a crisis service, so if a young person is in a crisis then do one of the following:**

- Call 999 (if a medical emergency)
- Call The Mix on 0808 808 4994 (crisis support)
- Call Childline on 0800 1111 (crisis support)
- Call Samaritans on 116123 (crisis support).

### How would a young person access the Alumia service?

Encourage them to visit [www.selfharm.co.uk](http://www.selfharm.co.uk) and sign up. Once signed up, an email dialogue will commence and then the young person can see whether Alumia is the right support service for them.

## Getting help for a child or young person in a mental crisis

CAMHs Duty Line (local urgent mental health helpline). How can this service help your child or young person?

- Telephone advice
- Emotional support
- Crisis counselling for young people concerned about deterioration in their mental health
- Support for parents and carers who are concerned about a young person.

### Contact

Call 0800 731 2864 (Option 1) to speak to the South London and Maudsley (SLAM) 24-hour mental health crisis line. You do not need to be referred to contact the crisis helpline.

## NHS urgent mental health helpline

When to call?

- If you are not able to speak to your local NHS mental health helpline CAMHs
- If you need help urgently for your child's mental health, but it is not an emergency
- If you're uncertain of what to do.

### Contact

Call 111 to speak to the National NHS helpline (if you need a translator, please inform the operator).

# OTHER USEFUL SERVICES



## Solidarity in a Crisis

Solidarity in Crisis provides support when in distress, by providing out of hours emotional support over the phone and in person. The service is run by Peer Supporters who have their own experience of facing/overcoming crisis.

### Contact

Monday – Friday, 6pm–12 midnight  
 Saturday and Sunday, 12 noon–12 midnight  
 Telephone: 0300 123 1922  
 Text: 0788 9756 087 or 0788 9756 083  
 Email: outofhours-solidarity@certitude.org.uk

## The Mix

The Mix is an organisation which can help young people in crisis amongst other support needs.

### Some of the services delivered are:

- Sex & Relationships
- Your Body
- Mental Health
- Drink & Drugs
- Crime and Safety
- Housing
- 1:2:1 chat
- Helpline
- Crisis Online Messenger
- Email Support
- Counselling Services.

### How do you access this service?

- Self-referral
- Parent/carer referral
- Children's services.

### Contact

Telephone: 0808 8084994 (4pm–11pm)  
 Email: Please visit The Mix online and use their contact form <https://www.themix.org.uk/mental-health>

## Crisis Messenger

Crisis text line will help with urgent issues such as:

- Suicidal thoughts
- Abuse or assault
- Sex and relationships
- Your Body

- Self-harm
- Bullying
- Relationship breakdown.

### Some of the services delivered are:

- Sex and relationships
- Your Body
- Mental health

### Contact

Text: THEMIX to 85258 (24/7)  
 (24/7 crisis support)  
 Trained volunteers will respond within five minutes.



This booklet was produced by:

London Borough of Lambeth and NHS Southeast London  
Integrated Care System (ICS)

Integrated Children's Commissioning Team  
(SEND & Health)

If you are a provider and you need to update your details or  
you have spotted an error, please email:

**[cypintegratedcommission@lambeth.gov.uk](mailto:cypintegratedcommission@lambeth.gov.uk)**