

World Suicide Prevention Day

Every year, on 10th September, organisations around the world come together to raise awareness of suicide prevention.

We know that, as Young Carers, you may face specific challenges, including stress, pressure from schoolwork, and feelings of loneliness. These sometimes lead to a sense of hopelessness and suicidal thoughts.

As well as this, some of you may need to know where to contact for advice and reassurance when caring for somebody with significant mental illness.

As part of [World Suicide Prevention Day](#), we want to share some of the key resources and services available to you.



However if somebody is in immediate danger of harming themselves or others, you need to call 999.

Crisis Services

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

anyone can call. If you are **less than 12 years old**, they even have a [special website made just for you](#).

Freephone: 0800 1111



[Papyrus HOPELINEUK](#) (under-35s) - They have advisors who want to work with you to understand why thoughts of suicide might be present. They also want to provide you with a safe space to talk through anything

happening in your life that could be impacting on your or anyone else's ability to stay safe.

Phone: 0800 068 4141

Text: 07860 039967

Email: pat@papyrus-uk.org



South London
and Maudsley
NHS Foundation Trust

[NHS South London and Maudsley NHS Trust](#) - They operate a 24-hour mental health crisis line

Phone: 0800 731 2864 (Option 1)



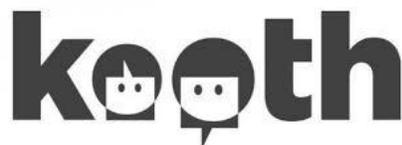
[Samaritans](#) - Free phone line where trained volunteers listen to you and help you talk through your concerns, worries and troubles. They can call an ambulance on your behalf. Letter writing and email services are also available, for those who don't need immediate support.

Phone: 116 123

Email: jo@samaritans.org

Other Services

[CAMHS](#) - Lambeth's Child and Adolescent Mental Health Service is run by the NHS. They offer individual and family interventions, psychological therapies, and medication management. You need to be referred to CAMHS by your GP, SENCO, or another organisation. **Our team can provide referrals to this service.**



[Kooth](#) - Available for **Under-25s**, with a [specialist service for university students](#). Kooth is a free online counselling and emotional well-being support service for young people. It offers safe, secure and anonymous support from a professional team of qualified counsellors.

OASIS (Outreach & Support) - A health service for **young people aged 14-35**, who are experiencing psychological distress. Their team includes Psychologists, Doctors and Key workers. Support includes individual and family therapy, medical consultation, and practical support with issues such as housing and finances.

Email: OASISReferrals@slam.nhs.uk

Phone: 020 3228 7214

Guide to Emotional wellbeing and mental health - For information about local mental health and wellbeing support for Children and Young People which is available in Lambeth please use [this booklet](#).



The Mix- A service for people **aged 13-25**, covering lots of subjects. They help with topics like wellbeing and mental health, sexual health, finance worries, and embarrassing questions (among many others). They also

partner with **Shout** to offer a **crisis text messaging line**. The site offers articles, message boards and video content. They also provide phone, email, peer to peer and counselling services.

Phone: 0808 808 4994

[Email form](#)

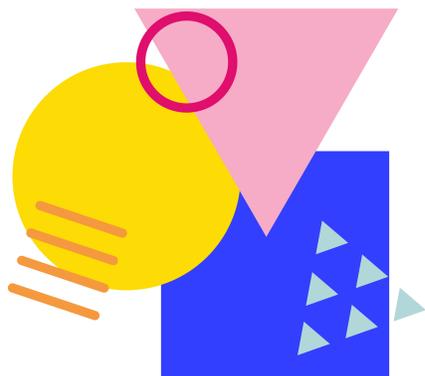
Crisis text service: text THEMIX to 85258



The Well Centre- An NHS run confidential health hub for **11-20 year olds**. Health & Wellbeing Practitioners offer 3 months' worth of sessions to eligible young people. They support you to identify 1 or 2 goals to work towards and then plan future sessions around these. You can also access counselling and GP services.

Phone: 0208 473 1581

Email: lamccg.thewellcentre@nhs.net (to access services, download the [referral form](#) and email it across)



[Mosaic LGBT+](#) - A queer charity for **under-18s who identify as LGBTQIA+**. They offer a youth club, as well as **counselling services**, mentoring from older queer people, and activities. The organisation aims to empower community members, provide essential resources, advocate for young LGBT+ rights, and embrace, promote and endorse the diversity of young persons.

Phone: 0300 800 5428

WhatsApp: 07550 124 393

Email: info@mosaictrust.org.uk

You are not alone. If you feel suicidal please reach out to a friend, family member, teacher, our team, or one of the above services.

Contact the Young Carers Team at youngcarers@carershub.org or call Lambeth Carers Hub on 020 7501 8972.