

Emotional Health Support Services for Children & Families

a handout with information, resources, and services to help
support young people and their families



Kingston and Richmond Single Point of Access (SPA)

In the first instance, contact SPA if you are looking for support for a young person or have concerns, particularly if there is a risk of harm. This service should also be contacted if there are any safeguarding issues (e.g. lack of adult supervision, abuse or neglect, gang concerns, etc.) or any other concerns about the wellbeing of a young person.

Contact SPA on **020 8547 5008** (9am-5pm) or **020 8770 5000** (out of hours)

The Child & Adolescent Mental Health Service (CAMHS) subsection of SPA can be contacted during working hours on the number above for advice and guidance, or to discuss potential referrals.

National telephone/online support services

If you are struggling with your feelings and want to talk to someone, there are plenty of telephone and online services that are confidential and free to use.



call **0800 1111** or visit

www.childline.org.uk for an
online 1-2-1 chat



text YM to **85258** to access a
24/7 crisis messenger



call **0808 800 2222** or visit
www.familylives.org.uk for
support on parenting and
family life



call **116 123** to be listened to 24/7
or visit www.samaritans.org



call **0808 801 0711** or
visit www.b-eat.co.uk
for help to beat eating
disorders



call **0800 068 4141**, text **07786 209 697**
or visit www.papyrus-uk.org for support
when having thoughts of suicide



call **0344 334 0550** or visit
www.mermaidsuk.org.uk for
support for transgender and
gender diverse young people