

Local services for counselling and support

Relate

Relate offers counselling services for children, young people and their families for any young person who is having problems, from low mood and anger problems to issues with parents and school.

You can contact them on **0333 320 2206** or visit www.relate.org.uk



Off the Record

Off the Record provides drop-in counselling for young people who live or study in the Borough of Richmond. They provide early help to improve the emotional and mental wellbeing of young people.

You can contact them on **020 8744 1644** or visit www.otrtwickenham.com for further information.

Richmond and Kingston School Health Service



The School Health Service provides confidential advice/support to young people attending a state school or being home schooled in Richmond or Kingston, to help promote physical and mental wellbeing. Contact them on:

Richmond: **0208 917 4220** or CLCHT.richmondschoolnursing@nhs.net

Kingston: **0208 549 6323** or KU19@yourhealthcare.org

Local CAMHS

Children and Adolescent Mental Health Service

If you are due to be seen by a CAMHS team, please contact the appropriate team with any concerns or queries. The local teams' numbers are:

Kingston Family, Adolescent & Child Team (FACT) – 0203 513 5183
Richmond Child & Family Consultation Centre (CFCC) – 0203 513 3238
Emotional Health Service (EHS) – 0208 547 5525

these phones are staffed 9-5 on weekdays

