

Children and young people



If you are looking for support with your mental health and wellbeing for you or someone you care for, visit our Kent and Medway's

Mental Wellbeing Information Hub.

www.kentandmedwayccg.nhs.uk/mental-wellbeing-information-hub/children-and-young-people

The hub is an online one-stop place to help signpost you to support and services.

Whether you are feeling anxious or stressed, down or low or are just interested in finding out what help is available, the information hub is there for you.

The hub includes sections specifically for:
parents, carers and families
children and young people
students and young adults

The screenshot shows the website interface for the 'Children and young people' section. At the top, there is a navigation bar with links: Home, About us, Get involved, News and events, Your health, and Contact us. Below this is a header with the title 'Children and young people' and an illustration of two children. The main content area includes a breadcrumb trail: Home > Your health > Local services > Mental wellbeing information hub > Children and young people. A paragraph states: 'We can all struggle with our mental health and wellbeing at times, however old we are. If you are a child or young person in Kent and Medway, specific services to support you are just a text, call or a click on website or app away.' Below this is a list of services with expandable arrows: 'Online on-going help and support', 'NELFT's children and young people's services', 'Also available if you live in Kent', and 'LGBTQ+ support'. To the right, there is a 'Share this page' button and a 'Need help now!' button with an illustration of a person looking distressed. At the bottom right, there is a box for 'Urgent mental health help for children and young people' with a checkmark icon.