

EMERGE

A VOICE OF HOPE

Waldstone &
Tonbridge Wells



Aged 10 to 25?
Self-harming or suicidal?
Want someone to chat with?

Commenced at MTW
February 2022

@emergeadvocacy
www.emergeadvocacy.com

We are youth support workers who are experienced in this area. We can support you straight away. You can call us or ask someone to call us on your behalf.

07984 008 518

Emerge Advocacy is a charity which is run with the support of local churches. We exist to help and support young people of all faiths and none, linking with other services and professionals for the best possible outcome.



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Concerned about a child or young person's thoughts, feelings or behaviour?



They will cope, with the advice, information and support you can provide or access in school or college

Young people can access text based support at ChatHealth for support around physical and mental health **ChatHealth 07520 618850**

Speak to a Designated Mental Health Lead In School or College

Text 'Kent' to 85258 for free, confidential, 24/7 text message support for anyone, any age, who is struggling to cope. www.releasepressure.uk

For support in all areas of resilience, take a look at **MoodSpark** www.moodspark.org.uk

For free support and access to fully trained online counsellors 365 days a year, visit **Kooth** www.kooth.com

For support about sexuality and gender identity, contact **BE YOU** www.thebeyouproject.co.uk

If it's starting to cause difficulties with their school work, friendships or family relationships, they will need your support but will also need some extra help

To see all the services that are available in Kent, visit www.kentresiliencehub.org.uk

If you are not sure what extra help is needed call the **Single Point of Access (SPA)** on 0300 123 4496

KCHFT School Health Service provide packages of care. Access them using the referral form at www.kentchf.nhs.uk/forms/school-health-service-referral-form

If it's preventing them functioning, they will need your support but also they need further specialist support to meet significant mental health needs

NELFT provide access to clinical consultation and specialist mental health services. Call the **Single Point of Access** on 0300 123 4496 or visit www.nelft.nhs.uk

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