

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.







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.







www.emergeadvocacy.com







You'll need ation on intes Children's Services and who to contact

ww.kscmp.org.uk/guldance/ -support-levels-guldance

Ask them about it:

Have a resilience conversation

Is there a safeguarding need? Do they have an urgent need?

Call the 0300 123 4496

access text based support at ChatHealti for support around physical and menta health ChatHealth

Sneak to a Designated Mental Health Lead in School or Text 'Kent' to 85258 for free, confidential, 24/7 text

They will cope, with the advice, information and

struggling to cope.

areas of resilience message support for take a look at anyone, any age, who is

support you can provide or access in school or college access to fully trained online counsellors 365 days a year, visit Kooth For support in all

> sexuality and gender Identity, contact BE YOU

For free support and

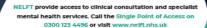
If it's starting to cause difficulties with their school work, friendships or family relationships, they will need your support but will also need some extra help

that are available in Kent, visit 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.kentcht.nhs.uk/forms/sch ool-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

















Are they in

immediate danger?

Ask them about it:

Have a resilience conversation tion on integrated Find out how at www.kentresiliencehub.org.u Children's Services and

> Is there a safeguarding need?

Do they have an urgent need?

Call the Crisis Team 0300 123 4496

access text based support at ChatHealti for support around physical and mental health ChatHealth

You'll need

who to contact

Speak to a Designated Mental Health Lead in School or Text 'Kent' to 85258 for free, confidential, 24/7 text message support for anyone, any age, who is struggling to cope.

They will cope, with the advice, information and

support you can provide or access in school or college

For support in all areas of resilience take a look at

ww.moodspark.org.ul

For free support and access to fully trained online counsellors 365 days a year, visit Kooth

sexuality and gender Identity, contact BE YOU

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

that are available in Kent, visit

org.uk

If you are not sure what extra help is needed call the Single Point of Access (SPA)

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

If it's preventing them functioning, they will need your support but also they need further specialist support

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

to meet significant mental health needs











