



# The Archbishop's School Signposting List

1. Emotional wellbeing and mental health support
2. Counselling/Support
3. Bereavement
4. Family Support
5. Youth Provisions
6. Kent County Council Integrated Services
7. SEND





## Emotional wellbeing and mental health support

Service / Organisation	Contact	Details
<b>Kent and Medway NHS and Social Care Partnership Trust (KMPT)</b>	<p><a href="https://www.kmpt.nhs.uk/services/">https://www.kmpt.nhs.uk/services/</a></p> <p>searchable directory of local services</p> <p>0300 222 0123 (single point of access number)</p>	<p>Single point of Access (SPA) referral line for Mental Health Services</p> <p>Mental health services for people aged over 14 living in Kent and Medway. Services are more specialised than services provided by your GP. Most of the mental health services are more provided through:</p> <ul style="list-style-type: none"><li>• Community based teams</li><li>• Outpatient clinics</li><li>• Inpatient units</li></ul>
<b>Kent Children &amp; Young People's Mental Health Service CYPMHS (NELFT)</b>	<p><a href="https://www.nelft.nhs.uk/services-kent-children-young-peoples-mental-health">https://www.nelft.nhs.uk/services-kent-children-young-peoples-mental-health</a></p> <p>03000 1234496</p> <p>Resources - <a href="https://mindfresh.nelft.nhs.uk/">https://mindfresh.nelft.nhs.uk/</a></p>	<p>The Children and Young People's Mental Health Service (CYPMHS) provides emotional wellbeing and mental health advice and support for young people and their families across Kent.</p> <p>This service is available to young people from the age of 0-18 (up until their 19<sup>th</sup> birthday) and up until the age of 25 for young people with special educational needs or as part of a wider network of support for children and young people in the care of the Local Authority.</p> <p>CYPMHS offers advice and support for stress, low mood and depression, anxiety, self-harm or difficult to manage behaviours and support for neurodevelopmental difficulties such as ADHD or ASD.</p>
<b>HeadStart Kent</b>	<p><a href="https://kentresiliencehub.org.uk/">https://kentresiliencehub.org.uk/</a></p>	<p>Targeted support available for young people attending HeadStart Kent schools and some universal services and resources available.</p>



		<p>Talents and interests grants: <a href="https://kentresiliencehub.org.uk/schools-and-communities/grants/">https://kentresiliencehub.org.uk/schools-and-communities/grants/</a></p> <p>Pay it forward grants: <a href="https://kentresiliencehub.org.uk/schools-and-communities/grants/">https://kentresiliencehub.org.uk/schools-and-communities/grants/</a></p>
<b>Salus Intensive Mentoring</b>	<p><a href="http://salusgroup.org.uk/service/headstart-kent/headstart-kent-intensive-mentoring/">http://salusgroup.org.uk/service/headstart-kent/headstart-kent-intensive-mentoring/</a></p> <p><a href="mailto:info@salusgroup.org.uk">info@salusgroup.org.uk</a></p> <p><a href="tel:01303817470">01303 817470</a></p>	<p>Intensive mentoring (FRIENDS resilience model) for 10 – 16 year olds (at HeadStart Canterbury Schools) displaying behaviours which indicate adversity, experience domestic abuse or have no secure adult and require confidence building support. Resilience conversation is required to access the service.</p>
<b>We are With You (formally Addaction) - Mind and Body Programme</b>	<p><a href="https://www.wearewithyou.org.uk/">https://www.wearewithyou.org.uk/</a></p> <p><a href="https://www.addaction.org.uk/help-and-support/young-persons-services/mind-and-body-programme">https://www.addaction.org.uk/help-and-support/young-persons-services/mind-and-body-programme</a></p>	<p>The Mind and Body programme is an early intervention group that offer support around self-harming behaviours within Kent's schools. The Service accept referrals from CYPMHS and EDS services to support young people involved in or deemed vulnerable to self-harming behaviours but who would not meet the thresholds of Kent NELFT services. GPs can make referrals to We are With You's community service.</p>
<b>BeFree Positive Relationships Barnardos</b>	<p><a href="https://www.barnardos.org.uk/what-we-do/services/befree-positive-relationships">https://www.barnardos.org.uk/what-we-do/services/befree-positive-relationships</a></p> <p><a href="mailto:befree@barnardos.org.uk">befree@barnardos.org.uk</a></p> <p>01892 511468</p>	<p>Barnardo's BeFree Positive Relationships service is commissioned by Kent County Council.</p> <p>The aims of this service are to build and promote emotional resilience, and to educate and empower young women to have healthy positive relationships.</p> <p>Face to face and group work for young women 10 – 16 years, including transgender individuals, who are at risk of experiencing unhealthy relationships.</p>



<b>Stem4</b>	<a href="https://stem4.org.uk/">https://stem4.org.uk/</a>	<p>Stem4 is a charity that promotes positive mental health in teenagers and those who support them including their families and carers, education professionals, as well as school nurses and GPs through the provision of mental health education, resilience strategies and early intervention.</p> <p>This is primarily provided digitally through their innovative education programme, pioneering mental health apps, clinically-informed website and mental health conferences that contribute to helping young people and those around them flourish.</p>
<b>Aspirations (Porchlight)</b>	<p><u>Methods of Referral:</u> Phone – 0333 880 2730 Email – <a href="mailto:aspirations@porchlight.org.uk">aspirations@porchlight.org.uk</a> or <a href="mailto:cleorobbins@porchlight.org.uk">cleorobbins@porchlight.org.uk</a></p> <p><u>Online</u></p>	<p>The Aspirations service continues to operate to support those struggling with their mental health and wellbeing via a telephone service. Everyone eligible will speak to their Aspirations Coach at least once a week where they will work towards helping individuals to focus and motivate themselves to take small steps to improve their mental wellbeing. They recognise that during these uncertain times this may be needed more than ever so will be focusing on how people can remain active both physically and mentally.</p>
<b>Kent Young Carers</b>	<p><a href="https://www.imago.community/Children-and-Young-People/Kent-Young-Carers">https://www.imago.community/Children-and-Young-People/Kent-Young-Carers</a></p> <p>0300 111 1110</p>	<p>Support for children who have caring duties. Kent Young Carers is the countywide service for Young Carers aged 5-18 across Kent. Young Carers are taking on caring responsibilities for a family member with a long-term illness, disability, mental health or substance misuse issue.</p>
<b>The National Self Harm Network forum</b>	<p><a href="https://www.nshn.co.uk/">https://www.nshn.co.uk/</a></p> <p><a href="mailto:info@nshn.co.uk">info@nshn.co.uk</a></p>	<p>Support individuals who self harm to reduce emotional distress and improve their quality of life</p> <p>Support and provide information for family and carers of individuals who self harm</p> <p>Raise awareness of the needs of people who self harm, dispel myths and combat discrimination</p>



<b>MIND</b>	<p><a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a></p> <p>0300 123 3393</p> <p><a href="mailto:info@mind.org.uk">info@mind.org.uk</a></p>	<p>Providing advice and support to empower anyone experiencing a mental health problem.</p> <p>The coronavirus pandemic is having a huge impact on our mental health. Help is there for everyone who needs it at this crucial time.</p>
<b>The BeYou Project</b>	<p><a href="https://thebeyouproject.co.uk/">https://thebeyouproject.co.uk/</a></p> <p>Contact our BeYou team <a href="mailto:beyou@porchlight.org.uk">beyou@porchlight.org.uk</a></p>	<p>The BeYou Project, offered by Porchlight, connects young people in Kent who are lesbian, gay, bisexual, trans or unsure of their sexual orientation and / or gender identity.</p> <p>BeYou offers a safe, welcoming and non-judgemental space where young LGBT+ people can meet to socialise, have fun and help each other.</p>
<b>Samaritans</b>	<p><a href="https://www.samaritans.org/">https://www.samaritans.org/</a></p> <p>Call Free on 116 123</p> <p><a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p>	<p>Responding to calls for help. No judgement. No pressure. Samaritans are there for anyone who needs someone through their Freephone 24/7 phone line.</p>
<b>Anna Freud National Centre for Children and Families</b>	<p><a href="https://www.annafreud.org/">https://www.annafreud.org/</a></p>	<p>Excellent resources for young people, parents, schools and other professionals including; 10 Steps Towards Staff Wellbeing, Talking Mental Health: Animation and Teacher Toolkit, Supporting Mental Health and Wellbeing in Secondary Schools, Advice for Parents and Carers, and the Youth Wellbeing Directory.</p> <p>Anna Freud also hosts the Mentally Healthy Schools website as part of Heads Together. The website offers quality-assured information, advice and resources for primary schools.</p>
<b>MindEd</b>	<p><a href="https://www.minded.org.uk/">https://www.minded.org.uk/</a></p>	<p>Free online learning for parents and professionals. MindEd is funded by the Department of Health and Department for Education and has e-</p>



		learning applicable across the health, social care, education, criminal justice and community settings.
<b>Young Minds</b>	<a href="https://youngminds.org.uk/youngminds-professionals/">https://youngminds.org.uk/youngminds-professionals/</a>	YoungMinds features a wealth of information on how best to support children through specific difficulties. You can also share details with parents as YoungMinds' website includes an online 'parent's lounge' discussing topics chosen by them, and a helpline for parents to get confidential, expert advice.
<b>Rethink Mental Illness</b>	<a href="https://www.rethink.org/">https://www.rethink.org/</a>	Improving the lives of people severely affected by mental illness through their network of local groups and services, expert information and successful campaigning.
<b>NHS Choices – Mental Health and Wellbeing section</b>	<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/">https://www.nhs.uk/conditions/stress-anxiety-depression/</a>	Get details of other NHS mental health services near you, along with online advice for a varied range of mental health challenges, including coping with bereavement, financial problems and relationships.

### **Counselling / Support**

<b>Service</b>	<b>Contact</b>	<b>Details</b>
<b>KOOTH Counselling</b>	To create an account any young person can go to: <a href="http://www.kooth.com">www.kooth.com</a> and enter some basic information.  Email <a href="mailto:kent@xenzone.com">kent@xenzone.com</a> to find out more.	Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people 10 -16 years, accessible virtually free at the point of use. Young people can access text-based chats with a counsellor safely, anonymously and for free. There is also a range of self-help resources including a magazine, forums and an activity hub. results.  Kooth staff can also provide resources and training for free to anyone in Kent that works with young people.



<p><b>Kent Community Health Trust – Chat Health</b></p>	<p><a href="https://www.kentcht.nhs.uk/service/school-health/counselling-and-emotional-health/">https://www.kentcht.nhs.uk/service/school-health/counselling-and-emotional-health/</a></p> <p>Chat on 07520 618850</p>	<p>Chat Health is a text service for 11-19 years. Young people can text with a member of their team about any physical or emotional health concerns they have. This service is available Monday to Friday, 9am. This service is confidential and anonymous.</p>
<p><b>Kent Community Health Trust – CYP Counselling Services</b></p>	<p>To refer: <a href="https://www.kentcht.nhs.uk/forms/school-health-service-referral-form/">https://www.kentcht.nhs.uk/forms/school-health-service-referral-form/</a></p>	<p>Up to six counselling sessions are available for young people aged 11-19. These sessions can help a young person gain understanding and develop strategies to help them feel better. For primary school aged children, the child can have six sessions with a counsellor, or if more appropriate, parents can have six weekly sessions with advice on practical, easy to use strategies. The services is also extended to include bereavement counselling for those aged 4-19 who have been bereaved as a result of the Coronavirus. These sessions can be offered via video link, phone or in person.</p>

**Bereavement**

Service	Contact	Details
<p><b>Cruse Bereavement Service</b></p>	<p>07507 656023</p> <p>(no website, see below)</p> <p><a href="http://hopeagain.org.uk/">http://hopeagain.org.uk/</a></p>	<p>Providing support after the death of somebody close for children, young people and adults.</p> <p>Hope again is the youth website of Cruse.</p>
<p><b>Bereavement Advice Centre</b></p>	<p><a href="https://www.bereavementadvice.org/kent/">https://www.bereavementadvice.org/kent/</a></p>	<p>The service has been created through a partnership between Kent County Council (KCC) and Simplify Probate which provides Bereavement Advice Centre to improve access to information at and around the time of death.</p>

**Family Support**



Service	Contact	Details
<b>Kent Support &amp; Assistance Service (Help with managing income)</b>	<a href="https://www.kent.gov.uk/social-care-and-health/care-and-support/benefits/kent-support-and-assistance-service">https://www.kent.gov.uk/social-care-and-health/care-and-support/benefits/kent-support-and-assistance-service</a>	The service may be able to families having serious difficulties managing their income due to a crisis or if they are facing exceptional pressures because of an emergency.
<b>Food Banks</b>	<a href="https://www.familyfoodbank.org/">https://www.familyfoodbank.org/</a>  <a href="https://canterburyfoodbank.org/">https://canterburyfoodbank.org/</a> 01227 936450	During the Coronavirus emergency food parcels will be distributed directly to clients via the agencies that usually issue the vouchers. Clients need to contact the agency that issued their voucher to obtain the food.
<b>Barnardo's – See Hear Respond – Delivered in Kent by Salus</b>	<a href="https://www.barnardos.org.uk/see-hear-respond">https://www.barnardos.org.uk/see-hear-respond</a>  FREE PHONE 0800 157 7015 for referrals	The See, Hear, Respond Partnership is a new service funded by the Department for Education. With your help, the See, Hear, Respond Partnership will quickly identify and support children, young people and families who are struggling to cope with the impacts of coronavirus.
<b>Canterbury Baptist Church – Hub Café / Community Fridge</b>	<a href="mailto:office@canterburybaptistchurch.org.uk">office@canterburybaptistchurch.org.uk</a>  01227 456204	The Hub Cafe is closed but the Community Fridge is OPEN with food parcels available by delivery on a pay as you can afford basis. Community fridge are providing fresh food supplies to families who are vulnerable or just self-isolating and can't get out or get deliveries.
<b>Canterbury Salvation Army</b>	Claire Greenway 01227 472 781 <a href="mailto:Claire.greenway@salvationarmy.org.uk">Claire.greenway@salvationarmy.org.uk</a>	The Salvation Army distributing food in Canterbury and fresh produce if and when available. They have a limited stock of nappies and wipes – Please ring/email ahead as early as you can to give notice. They are able to offer a food delivery on a Tuesday and a Friday.
<b>Kent Autistic Trust</b>	<a href="https://www.kentautistictrust.org/">https://www.kentautistictrust.org/</a>  01634 405168	Services include: <ul style="list-style-type: none"><li>• Domiciliary Care/ Support Living</li><li>• Day/Resource Centres</li><li>• Outreach</li></ul>





- Respite
- Family Support
- Family support groups
- Children support groups
- Social Skills Groups

## Youth Provisions

Service	Contact	Details
<b>KCC Youth Services</b>  <b>KCC Whitstable Youth Centre</b> <b>Tower Parade</b> <b>Whitstable</b> <b>CT5 2BJ</b> <b>03000 421554</b>  <a href="mailto:whitstableyc@kent.gov.uk">whitstableyc@kent.gov.uk</a>  <b>KCC Herne Bay Youth Centre</b> <b>Memorial Park</b> <b>Herne Bay</b>	Youth Hub Delivery Manager:  Dawn Ledingham  03000 411056  <a href="mailto:dawn.ledingham@kent.gov.uk">dawn.ledingham@kent.gov.uk</a>  Instagram @whitstableyouthcentre @hernebayyouthcentre  <a href="https://www.facebook.com/WhitstableYouthCentre">www.facebook.com/WhitstableYouthCentre</a> <a href="https://www.facebook.com/hernebayyouthcentre2020">www.facebook.com/hernebayyouthcentre2020</a> <a href="https://www.facebook.com/canterburydetached">www.facebook.com/canterburydetached</a>	Providing a range of support services including: <ul style="list-style-type: none"><li>• Building relationships</li><li>• Group work</li><li>• 1:1 support</li><li>• Peer groups and friendships</li><li>• Centre based, outreach and detached youth work</li><li>• Partnership work with the community, faith groups and uniform organisations</li><li>• School based youth work</li><li>• Holiday programs</li><li>• Accredited programs including Duke of Edinburgh award, ASDAN &amp; Arts Award</li></ul>



<b>CT6 5RG</b>  <b>KCCC Canterbury Detached Bus (Howe Green &amp; Sturry)</b>		
<b>Virtual Youth Offer</b>	<a href="https://www.kent.gov.uk/education-and-children/young-people/online-youth-services">https://www.kent.gov.uk/education-and-children/young-people/online-youth-services</a>	Kent commissions independent providers to deliver open access youth services across twelve districts of Kent for young people aged 8-19 (up to 25 for young people with learning difficulties and disabilities).
<b>Riverside Youth Centre Kingsmead Road  Canterbury  CT2 7PH</b>	<a href="#">Riverside Youth Centre</a> <a href="#">Riverside Inclusive clubs</a> <a href="#">The Canterbury Bike Project</a> <a href="#">The Band Room</a>  01227 463971	Centre based youth groups and projects commissioned by KCC, delivered by The Canterbury Academy.
<b>Prince of Wales Youth Club 23A Military Road  Canterbury Kent, CT1 1YX</b>	Joey Wicks <a href="mailto:joeypowyc@aol.com">joeypowyc@aol.com</a>  01227 767849	The open Access Youth Club project is aimed at two age groups, 6 to 11 and 12 to 19 (extended for young people with learning Disabilities). The project is designed for Children and young people to try new things and engage in positive activities such as Sport, Dance, Drama, Art and Craft, Community projects, Issue based workshops, Healthy Living and Healthy eating.
<b>The Young Lives Foundation</b>	<a href="https://yjf.org.uk/">https://yjf.org.uk/</a>  01622 693459	The Young Lives Foundation (YLF) is an award winning children's charity in the South East of England with expertise in Advocacy, Mentoring, Befriending and Activity Programmes.



<b>Imago</b>	<a href="mailto:Anton.kluibenschadl@imago.com">Anton.kluibenschadl@imago.com</a> <a href="#">munity</a>	Imago is a social action organisation delivering diverse services and supporting individuals, organisations and communities across Kent, Medway, East Sussex and London
<b>Be You Project</b>	<a href="https://thebeyouproject.co.uk/">https://thebeyouproject.co.uk/</a> <a href="mailto:beyou@porchlight.org.uk">beyou@porchlight.org.uk</a>	The BeYou Project connects young people in Kent who are lesbian, gay, bisexual, trans, non-binary or are questioning their sexual orientation and / or gender identity. They offer a safe, welcoming and non-judgemental space where young LGBT+ people can meet to socialise, have fun and help each other.
<b>NELFT</b>	<a href="http://www.nelft.nhs.uk">www.nelft.nhs.uk</a>	NELFT are the provider of all age eating disorder services and child and adolescent mental health services across Kent and Medway.
<b>Headstart Kent Resilience Hub</b>	<a href="https://kentresiliencehub.org.uk/">https://kentresiliencehub.org.uk/</a> <a href="mailto:headstart@kent.gov.uk">headstart@kent.gov.uk</a>	Supporting 10-16 year olds to cope better with the pressures of everyday life.
<b>Police and Crime Commissioner (PCC) – Youth Related Services</b>	<b>Telephone: 01622 677055</b> <b>Email:</b> <a href="mailto:contactyourpcc@kent.police.uk">contactyourpcc@kent.police.uk</a>	Youth related services and projects that are currently funded by the PCC in Kent can be found online: <a href="#">PCC Funded Projects</a> . A summary is also below for 2020/21.  A to Z of PCC Commissioned Youtl

### **Kent County Council Integrated Services**

<b>Service</b>	<b>Contact</b>	<b>Details</b>
<b>Early Help and Preventative Services</b>	<a href="mailto:CanterburyEarlyHelp@kent.gov.uk">CanterburyEarlyHelp@kent.gov.uk</a> 03000 416222	Early Help provide services that can be accessed locally at a time and place that suits families to help them to do well, stay safe and resolve problems at the earliest possible opportunity, before they become more serious.



		<p><a href="#">Early Help and Preventative Services</a> (EHPS) in Kent aim to target early help services for the most vulnerable children, young people and families with a focus on delivering better outcomes.</p>
<b>Kent Together</b>	<p><a href="http://www.kent.gov.uk/KentTogether">www.kent.gov.uk/KentTogether</a> 03000 719292</p>	<p>A 24-hour helpline has been set up to support vulnerable people in Kent who need urgent help, supplies or medication.</p> <p>The helpline – called Kent Together – provides a single, convenient point of contact for anyone in the county who is in urgent need of help during the Coronavirus outbreak. It is a collaboration between KCC, central Government, District, Borough and local councils, the voluntary and community sector, the NHS, emergency services and other partners to ensure help is at hand for vulnerable people. It is also the place to report your concerns about the welfare of someone else.</p> <p>If you are vulnerable and have an urgent need that cannot be met through existing support networks, you can contact the Kent Together helpline.</p>
<b>SEND</b>		
<b>Service</b>	<b>Contact</b>	<b>Details</b>
<b>Information, Advice and Support Kent (IASK)</b>	<p><a href="http://www.iask.org.uk/">www.iask.org.uk/</a> 03000 41 3000 Email: <a href="mailto:iask@kent.gov.uk">iask@kent.gov.uk</a></p>	<p>IASK support families of children and young people (0 – 25 years) with special educational needs or disabilities. They hope to empower children/young people and their parents to make informed choices about their children's education, other outcomes and communicate confidently.</p> <p>Their advice and support is confidential and impartial. They are not on anybody's side.</p> <p>IASK is overseen by a steering group, half of which must be parents.</p> <p>They also support schools in working with parents.</p>



<b>KELSI</b>	<a href="http://www.kelsi.org.uk/">www.kelsi.org.uk/</a> <b>Email:</b> <a href="mailto:kelsi@kent.gov.uk">kelsi@kent.gov.uk</a>	KELSI is an online resource for education professionals in Kent. Provided by Kent County Council.
<b>Kent Parents and Carers Together (Kent PACT)</b>	<a href="http://www.kentpact.org.uk/">www.kentpact.org.uk/</a> 07877165483 <b>info@kentpact.org.uk</b>	A parent carer forum for parents of children and young people with disabilities and additional needs
<b>Document last updated: 19/01/21 KP</b>		
<b>Please note that the above services were available when the document was last updated.</b>		
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