

## SERVICES AND RESOURCES TO SUPPORT THE HEALTH AND WELLBEING OF YOUNG PEOPLE IN CAMDEN Updated March 2022

If you need any support or advice to support your health and wellbeing in any of the following areas, a list of services, resources and websites and how to contact them are listed below.

1. [Emotional and mental health and wellbeing services](#)
2. [Drugs, Alcohol and Smoking services](#)
3. [Sexual health services](#)
4. [Youth Centres and Activities](#)
5. [Advice and support in Camden](#)
6. [Other services to support your health and wellbeing](#)

### **EMOTIONAL AND MENTAL HEALTH and WELLBEING SERVICES**

#### **(CAMHS) Camden's Child and Adolescent Mental Health Service**

CAMHS, known as **Open Minded**, is open for self-referrals (form downloaded from [website](#)) or call **0208 398 2241** (Mon to Fri, 9am to 5pm) or via your GP.

Most of their work is being done remotely but young people are being seen face to face if needed. Online form and more information:

[camden-camhs-open-minded/](https://camden-camhs-open-minded/)

#### **BRANDON CENTRE**

Counselling and therapy services for young people up to 25 years old.

Can be contacted by the following:

Email: [counselling@brandoncentre.org.uk](mailto:counselling@brandoncentre.org.uk)

Text: **07520 633477**

Telephone: **020 7267 1321**

<https://brandon-centre.org.uk/>

#### **FITZROVIA YOUNG IN ACTION (FYA)**

Peer support groups for young people, which includes peer mentoring and peer education.

This involves training, support around mental health and AQA accreditations  
(face to face and online sessions available).

Specific peer mentoring programmes also available for young people whose parents are  
separated/in conflict.

For more information or to participate, please contact:

[David.wong@fya.org.uk](mailto:David.wong@fya.org.uk) 07395 884245

[www.fya.org.uk/peer-support](http://www.fya.org.uk/peer-support)

#### **KOOTH**

A FREE, anonymous, confidential, safe, online Wellbeing service that offers support, information and forums for children and young people aged 11-18yrs\*.

Access <https://www.kooth.com/> 365 days a year

\*19-25 for specific cohorts

#### **THE HIVE (16-24 year olds)**

A free health and wellbeing services that supports all young people aged 16-24 in Camden.

Staff are available to answer calls onsite and do face to face 121 appointments with notice.

Face to Face Drop in [Social Hub](#) takes place every **Tuesday** and **Wednesday** 4.00 to 6.30pm.

Their service is also open for walks in Monday – Friday 10am-6pm.

Call 020 3198 0520 or go to <https://www.catch-22.org.uk/services/the-hive/>

#### **MOSAIC LGBT+ YOUNG PERSONS' TRUST**

Providing services for young Lesbian, Gay, Bi or Trans young persons age 13-18 including youth club, counselling, mentoring, yoga as well events and Summer Camp and Winter Retreat!

<https://www.mosaictrust.org.uk>

**DRUG and ALCOHOL and STOP SMOKING SERVICES**

**FWD**

FWD support young people across Camden who want to find out more about their drug use, including alcohol.

Please visit <https://www.camdenrise.co.uk/fwd> for further details about the support they can provide.

[fwd@camden.gov.uk](mailto:fwd@camden.gov.uk)

**BREATHE: CAMDEN AND ISLINGTON STOP-SMOKING SERVICE**

Support for individuals (13 years +) to quit tobacco and other smoking products including shisha.

Visit [www.breathestopsmoking.org](http://www.breathestopsmoking.org)

Call 020 3633 2609, or text QUIT to 66777, or  
Email [info@breathestopsmoking.org](mailto:info@breathestopsmoking.org)

**SEXUAL HEALTH SERVICES**

The clinics are for young people under the age of 25.

Due to Covid 19, until further notice, a telephone consultation service will be operating with booked appointments where needed. Please call

Brook (Euston) 020 7387 8700

Brandon Centre (Kentish Town) 020 7267 4792, or text 07451 288524

Pulse (Holloway Road) 020 7527 1300

[Where we are and opening times](#)

[What we offer](#)

**ADVICE AND SUPPORT in CAMDEN**

**Information about Emotional Health and Wellbeing Support in Camden:**

<https://www.camdenrise.co.uk/emotional-wellbeing>

**Camden Youth Service helpline**

Advice around accessing services, careers and education

Monday, Wednesday and Friday, from 2 to 5pm, on **020 7974 6200**.

<https://www.camdenrise.co.uk/newsandblogs/-/blogs/camden-youth-service-helpline-launches>

**24/7 Crisis Line**

**North Central London (Barnet, Camden, Enfield, Haringey, Islington)**

**0800 151 0023**

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call are supported by trained mental health advisors who can provide advice to those in a crisis 365 days a year.

For a list of numbers for all London boroughs along with other support available please click on the attachment.



Urgent mental health support for children y

## CAMDEN YOUTH CENTRES and ACTIVITIES

### YOUTH CENTRES

Camden Council runs three main youth centres where young people aged 13 to 19 (25 if you have a learning disability) can get support, meet other young people and get involved in activities.

Please check the Camden Rise [website](#) for updated information

### ACTIVITIES

If you're looking for more ways to be active or cultural and arts activities please check the Camden Rise [website](#) for updated information.

## OTHER SERVICES and WEBSITES TO SUPPORT HEALTH AND WELLBEING

### YOUNG MINDS

Advice and tips for young people going through challenging times.

[Mental Health Support For Young People | YoungMinds](#)

Text **YM** to **85258**

Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.

### CHILDLINE

<https://www.childline.org.uk/>

Confidential support to help with a range of issues that a young person is going through. There is a free phone helpline 0800 1111 available 24 hours a day every day of the year.

You can also chat online or email.

### HEALTH and WELLBEING WEBSITES and RESOURCES for YOUNG PEOPLE and FAMILIES

<https://tavistockandportman.nhs.uk/covid-19/thriving-plus-covid-resource/>

### BRITISH NUTRITION FOUNDATION

Top tips to help teenagers have a healthy and varied diet and lifestyle

[Teenagers - British Nutrition Foundation](#)

### NHS PHYSICAL ACTIVITY GUIDELINES

Physical activity guidelines for children and young people including Couch to 5k, exercise tips and fitness guides

[Physical activity guidelines for children and young people - NHS \(www.nhs.uk\)](#)

### THINKUKNOW

Advice and support for young people both online and offline.

Please click on the links below

[Thinkuknow 14+](#)

[Thinkuknow 11-13](#)

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

### SEXUAL HARASSMENT

Help and advice for unwanted sexual behaviour that occurs online and how to get help.

[Online Sexual Harassment](#) | [Childnet](#)