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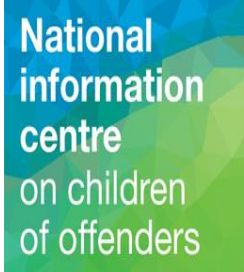

Organisation Name	Support	Contact
<p>ELOP</p> 	<p>We serve the LGBT+ Community across London and Essex.</p>	<p>https://www.elop.org/</p> <p>Tel: 07908553744</p> <p>admin@elop.org</p>
<p>Childline</p> 	<p>Free 24 hour helpline for children. Trained volunteer counsellors provide advice, comfort and support to children and young people who may feel they have nowhere else to turn.</p>	<p>https://www.childline.org.uk/</p> <p>Tel: 0800 1111</p>
<p>The Hideout</p> 	<p>A space to help children and young people understand domestic abuse and how to take positive action if it is happening to them.</p>	<p>https://thehideout.org.uk/</p>
<p>Love Respect</p> 	<p>A website for young people, highlighting healthy behaviour in relationships through a variety of quizzes and games.</p>	<p>https://loverespect.co.uk/</p>
<p>London Survivors Gateway</p> 	<p>Offers victims and survivors of rape and sexual abuse help to access specialist services in London. They provide information on what help is available in London after rape, sexual assault, sexual abuse or any form of sexual violence and offer support to access these services. They work with anyone aged 13 or above regardless of gender, sexuality, disability, language, ethnicity or immigration status.</p>	<p>https://survivorsgateway.london/</p> <p>Monday to Friday, 10am to 4pm Tel: 0808 801 0860</p>
<p>Nia</p> 	<p>Young Women and Girls' Advocate provides 1-to-1 and/or group work with young women aged between 11- 18 years, who have experienced or are at risk of sexual violence, including but not limited to sexual exploitation, rape, 'gang' sexual involvement, prostitution and trafficking.</p>	<p>https://niaendingviolence.org.uk/</p> <p>Monday, Tuesday, Friday and Saturday mornings 10am to 12pm Monday, Wednesday, Thursday and Friday afternoons 2.30pm to 4.30pm Tuesday, Wednesday and Thursday evenings 6pm to 8:00pm Tel: 020 7683 1270 Or 07717 308 618</p> <p>Email: aaden@niaendingviolence.org.uk</p>

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<p>National Youth Academy Service</p> 	<p>Offer information, advice, advocacy and legal representation to children, young people and vulnerable adults (up to 24 years) through a network of dedicated paid workers and volunteers throughout England and Wales.</p>	<p>https://www.nyas.net/</p> <p>Tel: 0808 808 1001</p> <p>Email: help@nyas.net</p>
<p>Respect Not Fear</p> <p><small>Produced in consultation with young people in Nottinghamshire by Equation</small></p> <p>Respect not Fear</p>	<p>A website for young people about healthy relationships, honour based abuse, female genital mutilation and an LGBT section, all with games and activities.</p>	<p>https://respectnotfear.co.uk/</p> <p>Tel: 0115 962 3237</p>
<p>Thinkuknow</p> 	<p>Provides resources, training and support for professionals who work directly with children and young people, to help them to stay safe online.</p>	<p>https://www.thinkuknow.co.uk/</p>
<p>Love Respect</p> 	<p>A website for young people, highlighting healthy behaviour in relationships through a variety of quizzes and games.</p>	<p>https://loverespect.co.uk/</p>
<p>Signhealth</p> <p>THE DEAF HEALTH CHARITY SIGNHEALTH</p>	<p>SignHealth's Domestic Abuse Service is a specialist service for Deaf adults and children who have experienced or witnessed abuse. We are the only domestic abuse service in the UK that communicates with Deaf people directly, using a variety of communication methods, predominantly British Sign Language (BSL). We are a team of IDVAs, YPVAs and a children and family worker that work with professionals and the client to ensure the best support.</p> <p>Who the service is for? People who are Deaf or Hard of Hearing. We support people of all genders, sexuality, and religion.</p>	<p>https://signhealth.org.uk/</p> <p>Tel: 020 3947 2600</p> <p>SMS: 07800 003421</p> <p>Email: da@signhealth.org.uk</p>

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<p>Depaul UK</p> 	<p>Focuses on young people in crisis and beyond. They support young people by: Offering a safe place to stay in a crisis, Helping them to take the step from homelessness into stable housing, Providing specialist long-term support to help get lives back on track. Projects include 'Nightstop' that provides a bed for the night for young people who need it, in a moment of crisis. Also 'Alone in London' delivers a range of services to young people who are homeless or at risk of homelessness, including developing young people's skills and providing the resources they need to secure sustainable and safe housing.</p>	<p>https://uk.depaulcharity.org/</p> <p>Tel: 020 7939 1220</p> <p>Email: depaul@depaulcharity.org.uk</p>
<p>Abianda</p> 	<p>1:1 support for young people exploited from London Specialist support for young women Help manage risk and safeguarding Support to move away from criminal exploitation Family support Help build network analysis through pan London intel gathering An out of hour's phone number for professionals operated by St Giles Trust</p>	<p>https://www.abianda.com/</p> <p>Monday to Friday 9am-5pm Tel: 020 7686 0520</p> <p>Email: Contacthello@abianda.com</p>
<p>Samaritans</p> 	<p>Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.</p>	<p>https://www.samaritans.org/branches/leyton/</p> <p>Tel: 116 123</p> <p>Email: jo@samaritans.org</p>
<p>East London NHS Foundation Trust 24/7 Helpline</p> 	<p>If you need urgent support for your mental health, please call our mental health helpline and our dedicated local staff will support you to access the help you need.</p>	<p>https://www.elft.nhs.uk/service/447/City--Hackney-Mental-Health-Crisis-Line</p> <p>Tel: 0800 073 0006</p>
<p>Mind in the City, Hackney and Waltham Forest</p> 	<p>Mind in the City, Hackney and Waltham Forest (Mind CHWF) is driven by the needs of people experiencing mental distress and we won't give up until everyone gets both support and respect.</p>	<p>https://www.cityandhackneymind.org.uk/</p> <p>Tel: 020 8985 4239</p>

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<p>North Central London - CAMHS 24/7 Crisis Helpline</p> 	<p>If you need urgent support for your mental health, please call our mental health helpline and our dedicated local staff will support you to access the help you need.</p>	<p>https://northcentrallondonccg.nhs.uk/my-health/getting-help-in-mental-health-crisis/</p> <p>Tel: 0800 151 0023</p>
<p>Better Lives Family Service</p> 	<p>Better Lives is an integrated drug and alcohol service delivered by Camden and Islington NHS Foundation Trust in partnership with WDP and Humankind. We offer a free and confidential support service for individuals and their families affected by drug and alcohol problems.</p>	<p>https://www.candi.nhs.uk/our-services/better-lives-islington-drug-and-alcohol-service</p> <p>Tel: 020 3317 6099</p> <p>Email: cim-tr.betterlives@nhs.net</p>
<p>Change Grow Live</p> 	<p>We believe everyone has the ability to change. There are a range of ways we can support you if you are having issues with drugs or alcohol. Our service is a safe and confidential space for you.</p>	<p>https://www.changegrowlive.org/drug-alcohol-service-waltham-forest/info</p> <p>Tel: 0203 826 9600</p> <p>Email: cgl.walthamforest@cgl.org.uk</p>
<p>Young Minds</p> 	<p>CAMHS stands for Child and Adolescent Mental Health Services. CAMHS is the name for the NHS services that assess and treat young people with emotional, behavioural or mental health difficulties. CAMHS support covers depression, problems with food and eating, self-harm, abuse, violence or anger, bipolar disorder, schizophrenia and anxiety, among other difficulties.</p>	<p>https://www.youngminds.org.uk/young-person/your-guide-to-support/guide-to-camhs?acceptcookies=</p>
<p>Kooth</p> 	<p>Kooth is your online mental wellbeing community. Access free, safe and anonymous support.</p>	<p>https://www.kooth.com/</p>
<p>Student Space</p> 	<p>Student Space is here to make it easier for you to find the support that you need during the coronavirus pandemic.</p>	<p>https://www.studentspace.org.uk/</p>
<p>Shout</p> 	<p>Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. We launched publicly in May 2019 and we've had more than 900,000 conversations with people who are anxious, stressed, depressed, suicidal or overwhelmed and who need immediate support. As a digital service, Shout 85258 has become increasingly critical since Covid-19, being one of the few mental health support services able to operate as normal at this time.</p>	<p>https://giveusashout.org/get-help/</p> <p>Text: 85258</p>

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<p>Relate</p> 	<p>Children and Young People's Counselling is for any young person who's having problems. Whether it's depression and mental health concerns or issues with parents or people at school. Talking to a Relate Counsellor can help. Watch the video below, in which Relate Counsellor Graham explains what to expect in counselling.</p>	<p>https://www.relate.org.uk/relationship-help/help-children-and-young-people/children-and-young-peoples-counselling</p>
<p>Papyrus</p> 	<p>We provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK.</p>	<p>https://www.papyrus-uk.org/ Tel: 01925 572 444</p>
<p>Get Connected</p> 	<p>We love to help people Get Connected. We are one of the largest providers of private rehabilitation, we treat drug and alcohol addictions along with process addictions like gambling, sex & love and eating disorders. We are constantly at the forefront of the latest addiction treatments and look forward to helping you onto your journey of recovery.</p>	<p>https://www.getconnected.org.uk/ Tel: 0203 993 5571</p>
<p>Youth Access</p> 	<p>We believe that every young person has a right to access free, high quality advice and counselling. Working with our members, we promote the Youth Access YIACS (Youth Information, Advice and Counselling) model as part of local services for young people everywhere.</p>	<p>https://www.youthaccess.org.uk/services/find-your-local-service Tel: 020 8772 9900</p>
<p>Health Talk</p> 	<p>On healthtalk.org you can find out about what it's like to live with a health condition, by watching other people share their stories.</p>	<p>https://healthtalk.org/</p>
<p>Anti-Bullying Alliance</p> 	<p>The Anti-Bullying Alliance is a coalition of organisations and individuals that are united against bullying.</p>	<p>https://anti-bullyingalliance.org.uk/</p>

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Safer London	Our vision is a city that is safe for the young Londoners who live here. By working alongside young Londoners, their families and peers, as well as with the places where they live and spend their time, we can create a safer London not just for them – but everyone.	https://saferlondon.org.uk/
	Support for children of offenders and family members in prison.	https://www.nicco.org.uk/directory-of-resources
Heathcote School Nurse	Support and advice for medical.	Emily O'Neill through Debra Kaye dkaye@heathcote.waltham.sch.uk
	Violence against women in the Asian community	https://www.ashiana.org.uk/
Waltham Forest community safety team.	Information and support from LBWF around your safety in the community.	https://www.walthamforest.gov.uk/neighbourhoods/crime-and-community-safety