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

Yes

Are they in immediate danger?

No

Ask them about it:

Have a resilience conversation

Find out how at www.kentresiliencehub.org.uk

Is there a safeguarding need?

Do they have an urgent need?

You'll needinformation on Integrated Children's Services and who to contact.

www.kscmp.org.uk/guidance/kent-support-levels-guidance

If in crisis, call 0800 0113474

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.releasethepressure.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 surewhat extra help is needed call the Single Point of Access (SPA) on 0800 0113474

KCHFT School Health Service provide packages of care. Access them using the referral form at

https://www.kentcht.nhs.uk/service/school-health/counselling-and-emotional-health/

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 0800 0113474 or visit www.nelft.nhs.uk

NHS Kent Community Health NHS Foundation Trust

Kent County Council kent.gov.uk

NELFT NHS NHS Foundation Trust