



INTERACTIVE PARENT SIGNPOSTING RESOURCE

Mental health support by local authority

Click a card, search by area, or filter for London / county / unitary authorities. This resource is designed for the school website and for sharing with parents, with links to official directories where local services change often.

♥ **For the latest information, use each linked local authority, NHS, CAMHS, Local Offer or Family Hub page before making a referral or sharing contact details.**

Immediate danger

Call 999 or go to A&E.

Need urgent mental health help?

Use NHS 111 option 2 where available, or the local crisis line shown on linked NHS/council pages.

Low-income family support

Use the linked Family Hub, Local Offer or cost-of-living pages for benefits, food, debt, childcare and practical help.

Achieving for Children - Kingston

AfC **CAMHS** **Local Offer** **CYP**

MENTAL HEALTH SUPPORT

Kingston and Richmond CAMHS Single Point of Access receives referrals for children and young people with emotional wellbeing or mental health concerns. AfCinfo is the Kingston/Richmond Local Offer directory.

CAMHS SPA

AfCinfo Local Offer

LOW-INCOME / FAMILY SUPPORT

Use AfCinfo and Connected Kingston for local support, SEND information, wellbeing, activities and community signposting.

Connected Kingston

Useful for Kingston families and young people. Check referral route before signposting.

Bexley London Borough

London borough **Kooth** **Local Offer**

Cost of living

MENTAL HEALTH SUPPORT

Bexley Council and Bexley Local Offer signpost mental health help for adults and young people, including Kooth for young people and emotional wellbeing services.

Young people mental health

Bexley Local Offer wellbeing

LOW-INCOME / FAMILY SUPPORT

Bexley cost-of-living support covers money worries, debt, food and household help. Family Wellbeing Service can accept self-referrals from parents and children.

Cost of living

Family Wellbeing referrals

For crisis support, follow Bexley Council/NHS pages for current telephone routes.

Bromley London Borough

London borough **Bromley Y** **Crisis line**

Local Offer

MENTAL HEALTH SUPPORT

Bromley Y provides community mental health and emotional wellbeing support for children and young people. Local crisis support for Bexley, Bromley and Greenwich is signposted via the Mental Health Hubs service.

Bromley Y services

Bromley crisis support

LOW-INCOME / FAMILY SUPPORT

Bromley Local Offer and parenting/early help pages signpost SEND, family support and help for financial pressures.

Bromley SEND Local Offer

Financial pressures support

Crisis line listed by the Bromley/Bexley/Greenwich Mental Health Hub: 0800 330 8590.

Croydon London Borough

London borough **EWMH** **Family Hubs**

Local Offer

MENTAL HEALTH SUPPORT

Croydon Council lists emotional wellbeing and mental health support for children and young people up to 18, plus adult mental health support and crisis advice.

CYP emotional wellbeing

Adult mental health

LOW-INCOME / FAMILY SUPPORT

Croydon Family Hubs support families from pregnancy to age 19, or 25 for SEND, with a directory of services and parenting programmes.

Family Hubs

Local Offer

Good first stop: council EWMH page for CYP and Family Hubs for whole-family practical support.

East Sussex County Council

County council **Family Hubs**

Early Help **Local Offer**

MENTAL HEALTH SUPPORT

East Sussex Family Hubs include mental wellbeing support and parenting courses. The Local Offer also lists support for families of children and young people with SEND.

Family Hubs

Support for families

LOW-INCOME / FAMILY SUPPORT

Family Hubs provide free support from pregnancy onwards, activities, courses and youth hubs. Early Help 0-19 can support families at home, in hubs or youth hubs.

Local Offer family support

Use the Family Hubs site as the main family-facing front door.

Havering London Borough

London borough **Live Well** **Mind**

Cost of living

MENTAL HEALTH SUPPORT

Live Well Havering signposts free community mental health support, including local community wellness services and voluntary-sector support.

Mental health support

Financial advice

LOW-INCOME / FAMILY SUPPORT

Havering financial advice pages include cost-of-living support, household help, benefits, NHS health costs and related advice.

Havering Council

Pair Live Well Havering with the council financial advice page for whole-family support.

Kent County Council

County council **Release the Pressure**

Live Well Kent **Family Hub**

MENTAL HEALTH SUPPORT

Kent Council's mental health page signposts Release the Pressure, Live Well Kent and the online directory. Kent Family Hub also includes mental health and family relationships information.

Kent mental health

Kent Family Hub

LOW-INCOME / FAMILY SUPPORT

Kent Family Hub includes cost-of-living support, childcare, help to buy food, employment help and food banks.

Day-to-day living support

NHS Kent & Medway parents

For young people, NHS Kent and Medway also signposts Kooth mental health support.

Lewisham London Borough

London borough **CAMHS** **MHST**

Cost of living

MENTAL HEALTH SUPPORT

Lewisham Council lists mental health and emotional wellbeing support for children, young people and families. Lewisham CAMHS supports young people with more complex or persistent needs.

CYP mental health

Lewisham CAMHS

LOW-INCOME / FAMILY SUPPORT

Lewisham cost-of-living support and The Hub@Lewisham signpost financial help, benefits, food and energy support.

Cost of living

Financial help

Schools/GPs can refer to CAMHS where appropriate; use council pages for current referral guidance.

Medway Council

Unitary council Kooth Family Hubs

SEND Hub

MENTAL HEALTH SUPPORT

NHS Kent and Medway signposts mental health support for parents/carers and young people. Medway SEND Information Hub is the Local Offer for 0-25s with SEND.

NHS Kent & Medway parents

Medway Family Hubs

LOW-INCOME / FAMILY SUPPORT

Children and Family Hubs and wellbeing centres offer parenting support, baby groups, health advice, voluntary-sector links and local sessions for families.

Family Hub events

SEND Information Hub

Use Medway Family Hubs for practical family support and NHS Kent & Medway for mental-health routes.

Southwark London Borough

London borough The Nest CAMHS

Best Start

MENTAL HEALTH SUPPORT

Southwark Local Offer lists mental and emotional health services. Southwark CAMHS and The Nest are key young people's mental-health support routes.

Southwark Local Offer

Mental & emotional health

LOW-INCOME / FAMILY SUPPORT

Best Start Family Hubs are one-stop shops for face-to-face support, information and advice. Most services are free, and families can join with children up to 25 where SEND applies.

Best Start Family Hubs

The Nest

Use Local Offer for SEND/CYP mental health and Best Start hubs for family support.

Surrey County Council

County council **Mindworks**

Healthy Surrey **Local Offer**

MENTAL HEALTH SUPPORT

Surrey Local Offer and Healthy Surrey list emotional wellbeing and mental health support. Mindworks Surrey is the children and young people's emotional wellbeing and mental-health service.

Surrey SEMH support

Healthy Surrey CYP wellbeing

LOW-INCOME / FAMILY SUPPORT

Surrey Local Offer parents/carers pages and council family support pages signpost finances, food support, SEND, young people and family services.

Mindworks Surrey

Local Offer parents/carers

Mindworks Surrey is the specialist CYP mental-health pathway; check request-for-support guidance.

Sutton London Borough

London borough **CAMHS** **Family Hubs**

Financial support

MENTAL HEALTH SUPPORT

Sutton CAMHS provides assessment and treatment for children and young people and their families. Sutton Information Hub lists Family Hubs and local support.

Sutton CAMHS

Financial support for families

LOW-INCOME / FAMILY SUPPORT

Sutton Family Hubs bring together support from pregnancy to 19, or 25 for SEND. Sutton's financial support page signposts help for families and contact routes.

Sutton Family Hubs

Family Information Service

Family Information Service can help with childcare, activities and support services.

Thurrock Council

Unitary council **Ask Thurrock**

Family Hubs **Cost of living**

MENTAL HEALTH SUPPORT

Ask Thurrock is the Local Offer and service directory for children, young people and families, including SEND and wellbeing signposting.

Ask Thurrock

Family Hubs Best Start

LOW-INCOME / FAMILY SUPPORT

Family Hubs bring together health, education and parenting support for families with children aged 0-19, young people up to 25 with SEND and parents/carers.

Cost of living support for families

Thurrock Council

Use Ask Thurrock as the front door; Thurrock safeguarding partnership also signposts cost-of-living support for families.

West Sussex County Council

County council **Local Offer**

Family Hubs **Early Help**

MENTAL HEALTH SUPPORT

West Sussex Local Offer brings together SEND services, information and events for children and young people aged 0-25 and families. Use it to locate mental-health and wellbeing support.

West Sussex Local Offer

Family Hubs & Early Help

LOW-INCOME / FAMILY SUPPORT

WSCC Family Hubs and Early Help offer information, support, family activities, health services and links to financial, legal or housing advice.

West Sussex County Council

Family Hubs are open Monday to Friday according to the listed WSCC service page; check local hub details before signposting.

► **How to use this poster safely**