

## REFER A CHILD OR YOUNG PERSON FOR YOUNG CARERS SUPPORT

- **Lewisham MASH and Early Help** provides access to targeted and specialist family support including parenting, education and housing. **Tel: 020 8314 6660 or email [mashagency@Lewisham.gov.uk](mailto:mashagency@Lewisham.gov.uk) or [mashcsx@Lewisham.gcsx.gov.uk](mailto:mashcsx@Lewisham.gcsx.gov.uk)**

## ADVICE DIRECTORY

- **Family information and services directory**, directory of organisations offering support and services for children, young people, parents and carers. **Web:** <http://www.lewisham.gov.uk/myservices/socialcare/children/Pages/FIS-A-to-Z.aspx>
- **Citizens Advice.** **Web:** <https://www.citizensadvice.org.uk/>
- **Health Help Now** aims to help people in Bexley, Bromley, Greenwich, Lambeth, Lewisham and Southwark find the right service for their health needs. **Web:** <http://southeastlondon.healthhelpnow.nhs.uk/>

## DISABILITIES

- **Arthritis Research UK** provides information to people with arthritis and their carers. **Web:** [www.arthritisresearchuk.org](http://www.arthritisresearchuk.org)
- **Asthma UK** provides information and support to people with Asthma and their carers. **Tel: 0800 1216244 or Web:** [www.asthma.org.uk](http://www.asthma.org.uk)
- **ADHD UK Alliance** provides information to people with Attention Deficit Hyperactivity Disorder. **Tel: 020 7608 8760 or Web:** [www.netdoctor.co.uk/diseases/facts/adhd](http://www.netdoctor.co.uk/diseases/facts/adhd)
- **National Autistic Society** provides information about Autism or Asperger. **Tel: 0845 070 4004 or Web:** [www.nas.org.uk](http://www.nas.org.uk)
- **Lupus UK.** **Web:** [www.lupusuk.com](http://www.lupusuk.com) **or Tel: 01708 731 251**
- **Macmillan Cancer Helpline** **Tel: 0808 808 0000**
- **Multiple Sclerosis (MS) Society.** Helpline, **0808 800 8000** Monday to Friday 9am-9pm (not including bank holidays). **Web:** [www.mssociety.org.uk](http://www.mssociety.org.uk)
- **Sickle Cell Society.** **Tel: 0208 961 7795 or Web:** [www.sicklecellsociety.org](http://www.sicklecellsociety.org)

- **UK Thalassaemia Society.** Tel: 020 8882 0011 or Web: [www.ukts.org](http://www.ukts.org)
- **British Diabetic Association** Helpline Tel: 020 7424 1000
- **British Epilepsy Association** provides a range of information and advice to families affected by Epilepsy. Tel: 0808 800 5050. Tel: 0753 741 0044 (textphone) Email: [helpline@epilepsy.org.uk](mailto:helpline@epilepsy.org.uk)
- **The Children with Complex Needs service** is a social care service that works with Lewisham families who have a child aged 0–18 years with a diagnosed disability. Tel: 020 3049 1475 or Email: [sen@lewisham.gov.uk](mailto:sen@lewisham.gov.uk)

#### SUBSTANCE MISUSE

- **Frank Drugs** Helpline Tel: 0800 776 600 or [www.talktofrank.com](http://www.talktofrank.com)
- **National Association for Children of Alcoholics** Helpline for families Tel: 0800 358 3456
- **The Hub** is a drug and alcohol service for young people in Lewisham up to the age of 25 years old. Tel: 020 8690 3020 or Email: [TheHub@Lifeline.org.uk](mailto:TheHub@Lifeline.org.uk)

#### EMOTIONAL SUPPORT FOR CHILDREN AND YOUNG PEOPLE

- **Childline** is a private and confidential service for children and young people up to the age of nineteen. Call free on 0800 1111, have a 1-2-1 chat online or send an email. Web: [www.childline.org.uk](http://www.childline.org.uk)
- **Kooth** provides free, safe and confidential online counselling and emotional and mental support to children and young people. Web: [www.kooth.com](http://www.kooth.com)
- **Samaritans** offers a safe place for you to talk any time you like, in your own way – about whatever's getting to you. Call 24 hours a day, 365 days a year: 0845 790 9090
- **Young Minds** offers free, confidential online and telephone support, including information and advice, to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25. Tel: 020 7089 5050 Email: [ymentquiries@youngminds.org.uk](mailto:ymentquiries@youngminds.org.uk) (parents: [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk))

## FAMILIES SUPPORT

- **Family Action Peer Mentoring Service** provides practical support to families where a parent has a physical disability or mental health problem. **Young Carers Family Support Team Tel: 020 8690 3636**
- **Family Fund** is the UK's largest grant-giving organisation helping low-income families caring for children and young people with disabilities or serious illnesses. **Tel 01904 621115. Text phone 01904 658085 or Email [info@familyfund.org.uk](mailto:info@familyfund.org.uk)**
- **Lewisham Local Offer** provides information, advice and support for families of children and young people with special educational needs and/or disabilities. **Web: [www.lewishamlocaloffer.org.uk/#/](http://www.lewishamlocaloffer.org.uk/#/)**
- **Contact a Family** provides support, advice and information for families with disabled children, no matter what their condition or disability. **Tel: 020 8297 8056 or Email: [lewisham.office@cafamily.org.uk](mailto:lewisham.office@cafamily.org.uk)**

## BEREAVEMENT

- **Candle Project**, St Christopher's Hospice. Individual and family bereavement support to children, young people and families when someone close to them has died. **Tel: 0208 768 4586**
- **Winston's Wish**. **Web: <https://www.winstonswish.org.uk/> or freephone helpline: 08088 020 021**

## MENTAL HEALTH

- **SLaM South London and Maudsley NHS Foundation** Trust provides the widest range of NHS mental health services in the UK. 24-hour SLaM information hotline: **0800 731 2864**. **Web: [www.slam.nhs.uk](http://www.slam.nhs.uk)**
- **Rethink Mental Illness**. **Website: [www.rethink.org/siblings](http://www.rethink.org/siblings)**

## YOUNG PEOPLE HEALTH AND WELLBEING

- **Therapy 4 Healing** is local organisation that promotes health and well-being; education and personal development through holistic health services like therapeutic services, education and personal development workshops. **Tel: 020 8617 8820 Email: [info@t4h.org.uk](mailto:info@t4h.org.uk) or Website [www.t4h.org.uk](http://www.t4h.org.uk)**
- **Compass Lewisham** provides health and wellbeing services for young people living in the borough of Lewisham. **Tel: 0208 690 3020**