

Self-Harm & Suicide Early Intervention & Support Services

Local Support Services: Children / Young People

- **Jump start**
020 8680 8899 - info@jumpstartsutton.org - www.talkofftherecord.org
Jump start offer one-to-one counselling sessions for young people aged 11-25 in Sutton. The sessions focus on feelings, beliefs and experiences with the support of a skilled listener. Professionals can refer Children ages 11 – 17. Children 14 – 25 are able to self-refer.
- **School Nurses**
Rmh-tr.SchoolNursesSutton@nhs.net - www.schs.nhs.uk
School Nurses are registered nurses who have professional experience in supporting the health needs of all school aged children. They work as part of a skill mix team of specialist practitioners, school staff nurses, nursery nurses and support workers. Also provides assessment, advice and support for physical health needs
- **School Nurses Confidential Drop in Service Summer 2017:**
07500783914 – [Contact for young people to phone for support before deciding whether to drop in.](mailto:07500783914)
Confidential drop in service for young people who want support and advice to help them cope with feelings of anxiety, distress and other emotional difficulties over the summer holidays. No appointment needed.

Tuesdays: NonSuch High School; 10am - 3pm (except Tues August 1st)
Wednesdays: Thomas Wall Children's Centre; 1 - 4pm
Thursdays: Europa Gallery Civic Centre; 10am - 4pm
- **Sutton School Pastors**
07525 838640 - sutton@streetpastors.org.uk - www.suttonstreetpastors.org
providing support in some Sutton Schools. This varies from being a reassuring visible presence after school or offering listening time to students with low level emotional concerns. The service is targeted at students aged 11-18. Children need to be referred by relevant school staff in those schools where School Pastors operate.
- **JIGSAW**
020 8687 1384 - info@jigsaw4u.org.uk - www.jigsaw4u.org.uk
Jigsaw4u works with children and young people experiencing a range of complex social and emotional problems. Their multi-disciplinary team offers individually tailored programmes and specialises in one-to-one work, small group work, peer group support, family work, group work, mediation, advocacy, mentoring, family therapy, social skills training and drama workshops, drop-ins & consultation opportunities for young people.
- **MAPS**
020 8661 5900 - MAPS@vcsutton.org.uk – www.mapsmentoring.co.uk
MAPS is an early intervention programme supporting young people with complex life circumstances to achieve their full potential through the support of a volunteer mentor and/or specific project work. They mentor children and young people who live in the London Borough of Sutton between ages 8 – 21 years.
- **Sutton Young Carers Service**
020 8296 5611 - youngcarersenquiries@suttoncarerscentre.org – www.carers.org/sutton
The Young Carers Service supports children and young people ages 8 – 18 who are helping to care (practically and/or emotionally) for a member of their family, and provides social and learning activities, a chance to meet other Young Carers, support, including advocacy within schools and one-to-one and family support.
- **WISH Merton**
020 3740 9175 - merton@thewishcentre.org.uk - <https://thewishcentre.org.uk/merton/>

WISH Merton supports young people ages 12-18 years who self-harm or who have experienced sexual violence, exploitation and abuse. They provide medium to longer term open ended therapy for young people through their Safe 2 Speak counselling service, and can see them in schools in Merton or at their Centre.

- **CAMHS**

0203 513 3800 - ssg-tr.suttoncamhs@nhs.net

Child and Adolescent Mental Health Service – The service help to promote emotional wellbeing and provide treatment to children and young people with mental health problems and disorders which impact significantly on daily functioning.

- **Roundabout**

020 8665 0038 - roundabout@cornerstonehouse.org.uk

Roundabout is drama therapy charity specialising in working with children and young people in schools. Roundabout drama therapists provide weekly short and long-term interventions with groups and individuals, working closely with parents, carers and teachers.

- **Sutton Vineyard Church**

youth@suttonvineyard.org - www.suttonvineyard.org/youth

Sutton Vineyard are passionate about seeing Young People grow in a faith that lasts. They believe that the best way to do this is through relationships across the whole church, so they spend lots of time hanging out together and having fun as well as digging deeper and asking the tough questions. They have different activities on throughout the

- **Riverside Centre**

www.riversidecentre.org

Local community centre that have a venue for various courses including wellbeing workshops. They are also the home of “Time Out Youth Project” working with young people in Sutton and hold local youth clubs and activities.

- **Surrey Clubs for Young People**

admin@scyp.co.uk - www.scyp.co.uk

They provide a comprehensive range of services to young people across Surrey via a membership network. These include boxing clubs, cadet corps, junior sports clubs, youth clubs, theatre groups, any type of club that a young person can attend. They have free as well as low-cost activities.

Local Support Services: Young People / Families and Adults

- **RASASC**

0208 683 3311 - info@rasasc.org.uk - www.rasasc.org.uk

RASASC support women and girls age 13+ who live and/or work in any of the South London boroughs, who have survived any kind of sexual violence at any time in their lives. They provide many services including counselling, advocacy and outreach

- **SWITCH**

020 8773 1881 - referrals@inspirepartnership.org.uk - www.inspirepartnership.org.uk

Switch is a young person’s drug & alcohol service based in Sutton. They work with young people offering them support and information that is needed to help make healthier choices around their drug & alcohol use. They also provide information for the families & carers of young people who are struggling with substance misuse.

- **Relate**

<https://web.relate-londonse.org/>

Relate London South East (Incorporating Merton and Sutton) is a local charity that provides relationship

counselling for any age including couples, individuals, families, children and young people. (Fee's may apply, bursary scheme is available for people in financial difficulty or unemployed).

- **Home-Start Sutton Service**

020 8647 6501 - homestartsutton@btconnect.com - www.home-start.org.uk

Home-start offer trained and supervised local volunteers who have parenting experience and offer weekly support to families who are isolated, lacking in other means of support and are finding parenting stressful. They also offer group support to families. The target group they work with it families with children 0-8 years.

- **Sutton Counselling**

020 8661 7869 - info@suttoncounselling.co.uk - www.suttoncounselling.co.uk

Counselling for 16's and above. Clients can self-refer or through their GP who may be offered local Sutton & Merton IAPT Service. (Fee's may apply - A bursary scheme is available for those on very low incomes.)

- **Ambers Ark**

07392 286328 - mary.alston@londoncrc.org.uk

Women only support service including counselling, supervision, domestic abuse advice, empowerment, safe choices, debt advice family advice & legal advice. The HUB is open Wednesday & Thursday 10am – 4pm. Sutton Family Centre, Robin Hood Lane, Sutton, SM1 2SD.

- **Sutton Mental Health Foundation**

020 8770 0172 - admin@smhf.org.uk - www.smhf.org.uk

SMHF offer safe places for people to meet and seek support without being judged. At SMHF people support each other through day to day contact and peer support. They try to establish contact with new people through their relationships with social work teams, GPs and the local Mental Health Trust.

- **Sutton Women's Aid**

020 8669 7608 - info@womensaid.org.uk - www.womensaid.org.uk

Sutton Women's Aid is a refuge that provides a place of safety for women and children fleeing domestic violence. It is the only refuge provision in the borough. As well as a place of safety they also offer support.

- **Suttons Women's Centre**

0208 661 1991 - info@suttonwomen.co.uk - www.suttonwomen.co.uk

Sutton Women's Centre (SWC) is a local organisation run by women, for women, to provide them with the chance to achieve their potential through education, advice and sources. Some of their services include domestic violence counselling, Freedom Programme, English as a second Language, training and groups.

National Support Services: Children / Young People

- **Coram Voice**

08088005792 - info@coramvoice.org.uk - www.coramvoice.org.uk

Coram Voice provide Individual support for children and young people in the looked after system and those leaving care. Direct support is provided through their national helpline, as well as face-to-face meetings. They also have a network of independent advocates.

- **Young Minds**

Parents helpline 0808 802 5544 - <https://youngminds.org.uk>

Young Minds provide advice for children and teens suffering with mental health on where they can do for support. They also have specific projects including "no harm done" To reassure those affected by self-harm that things can and do get better. They provide resources for young people, parents and professionals.

- **NSPCC**

0808 800 5000 - <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/self-harm/>

The National Society for the Prevention of Cruelty to Children is a charity campaigning and working in child protection in the United Kingdom and the Channel Islands. They have put together a self-harm webpage to provide information including why children self-harm, how to spot the signs and where to go to get help.

- **Get Connected**

0808 808 4994 - www.getconnected.org.uk (Web chat and email available)

Get Connected is the UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn. Open 365 days a year, for absolutely anything you're going through.

TEL: Monday-Friday from 1pm-11pm every day, calls free from landlines and most mobiles.

- **HOPELineUK**

0800 068 41 41 - SMS: 07786 209697 - pat@papyrus-uk.org

HOPELineUK is a national confidential support service for any young people (under 35) at risk of suicide, or anyone worried about a young person at risk of suicide. The helpline is open 10am-10pm Monday-Friday, Weekends 2pm-10pm, and Bank Holidays 2pm-5pm.

National Support Services: Young People / Families and Adults

- **Mind**

03001233393 – Text 86463 - info@mind.org.uk - www.mind.org.uk

Mind provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding. They have three info lines including Mind Info, a Legal Line and Blue Light (for emergency service staff, volunteers and their families).

- **Samaritans**

166 123 – jo@samaritans.org - www.samaritans.org

The Samaritans are a 24 hour confidential, listening service providing emotional support to anyone in crisis. Calls to their crisis line do not appear on phone bills. They have a dedicated webpage for people feeling suicidal <http://www.samaritans.org/how-we-can-help-you/what-speak-us-about/i-want-kill-myself>.

- **Maytree Sanctuary**

020 7263 7070 - maytree@maytree.org.uk - www.maytree.org.uk

The Maytree Suicide Respite Centre is the only place of its kind in the UK and fills a gap in services, between the medical support of the NHS and the helplines and drop-in centres of the voluntary sector. They offer a free 4-night/5-day stay, and the opportunity to be befriended and heard in complete confidence.

- **Rethink**

0121 522 7007 - www.rethink.org

Rethink provide information and support to everyone affected by mental health problems. Their website is full of useful resources and fact sheets. They also have an advice line to offer practical help on issues such as the Mental Health Act, Community care, welfare benefits, criminal justice and carer's rights.

- **CALM Helpline**

0800 58 58 58 - www.thecalmzone.net

CALM provide confidential emotional support for men. Campaign Against Living Miserably offers confidential, anonymous and free support, information and signposting to men anywhere in the UK through their helpline. Monday-Friday from 1pm-11pm every day. Webchat (5pm - midnight)

- **SANE**

0845 767 8000 - www.sane.org.uk

SANE are meeting the challenge of mental illness. SANE's helpline is a national, 7 days a week, out-of-hours (6-11pm) telephone helpline for anyone coping with mental illness, including concerned relatives or friends.

Suicide Prevention: Resources for Professionals

- **GRASSROOTS Suicide Prevention**

office@prevent-suicide.org.uk - www.prevent-suicide.org.uk/

GRASSROOTS are a small Brighton based charity with a simple but powerful goal: that no one should have to contemplate suicide alone. They work locally and nationally with communities, organisations and individuals, helping them to become ready, willing and able to effectively support someone at risk of suicide.

- **Young Minds**

<https://youngminds.org.uk/what-we-do/our-projects/no-harm-done/>

Young Minds have specific projects including “no harm done” to reassure those affected by self-harm that things can and do get better. They provide resources for young people, parents and professionals including a series of short films as part of the project. All 3 films are available to publish so they encourage young people, parents and professionals to use and share them to help spread the message.