

SEaDS

Support Delivery and Engagement in schools

During lockdown we have adapted our service to include telephone sessions with young people and parents and are working on new ways to offer support remotely.



NEW HELPLINE

This service is open from
Monday - Friday 9am to 3.30pm.

Helpline number:

07702 339000

We have started an Emotional Wellbeing Helpline which is open to young people, who want to talk to someone about worries, low mood, anxiety, problems with sleeping or eating or another matter. The Helpline is also open for parents/carers and school staff who may be concerned about a young person or child or want to refer someone to our service

Other Help is available:

Helpline for young people or parents :- 07702 339000

Duty Clinician CAMHS 9am-5pm - 0203 2280000

CAMHS Crisis Line— Mon - Fri 9am to 9pm, Weekend— 02032285980

SLaM Adult Mental Health Crisis Line - Mon - Fri 5pm to 9:30pm, Weekend, 1pm to 9pm

NHS - 111
Emergency Service—999
The Samaritans (24hrs) - 08457909090

Child Line - 0800011111
Croydon Drop In: 020 6800404

<https://croydondropin.org.uk>

Off the Record: 0208251 02510

<https://www.talkofftherecord>