

## USEFUL CONTACTS – PLACES TO GO FOR HELP

Company/ Service name	Description	Request for support	Client groups served
Parents in Partnership	PIP services are available free of charge to parents of children and young people with a special need or disability living in Croydon. They can help you if your child or young person is between 0 – 25 years old.	24 George Street, Croydon, Surrey, CR0 1PB  Tel: 020 8663 5626  <a href="mailto:office@pipcroydon.com">office@pipcroydon.com</a> <a href="http://www.pipcroydon.com">www.pipcroydon.com</a>	0 – 25 years old
Family Justice Centre	Provide a range of partnership approaches that respond to domestic violence. These are delivered by a range of professionals and high risk cases are referred to the Multi Agency Risk Assessment Conference (MARAC)	Co-ordinated through the Family Justice Centre: 020 8688 0100	Services directly available to victims, survivors and families of Domestic and Sexual Violence
RASAC (based in Croydon)	Rape and Sexual Abuse Centre and Rape Crisis South London provide face-to-face counselling for women aged 13 and above, who have been raped or sexually abused at any time in their lives and who live and/or work in any of the South London boroughs	Self-referral 0808 202 9999  <a href="http://www.rasasc.org.uk">http://www.rasasc.org.uk</a>	Aged 13 upwards
CAMHS (Children and Adolescent Mental Health Services)	CAMHS is used as a term for all services that work with children and young people who have difficulties with their emotional or behavioural wellbeing. Children and young people may need help with a wide range of	CAMHS in Croydon can be access through the Single Point of Access (SPA). The SPA brings together all the local services offering emotional support, counselling,	Aged 0-25

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	<p>issues at different points in their lives. Parents and carers may also need help and advice to deal with behavioural or other problems their child is experiencing.</p>	<p>mental health assessment and parenting support. These services can be found at:</p> <p><a href="http://www.croydonccg.nhs.uk/your-health/mental-health/Pages/Child-and-Adolescent-Mental-Health-Services.aspx">http://www.croydonccg.nhs.uk/your-health/mental-health/Pages/Child-and-Adolescent-Mental-Health-Services.aspx</a></p> <p>CAMHS can also be contacted on 020 3228 0000</p>	
<p>Croydon Drop-In</p> <p><b>SEE UPDATE DURING PERIOD OF RESTRICTIONS - INFORMATION FOR YOUNG PEOPLE</b></p>	<p>This service provides youth counselling service, IAA, parenting classes, debt and housing advice, relationship-building, training and education, Infant-Parenting Support.</p>	<p>Croydon Drop In 132 Church Street Croydon, Greater London CR0 1RF 020 8680 0404 <a href="mailto:enquiries@croydondropin.org.uk">enquiries@croydondropin.org.uk</a> <a href="http://croydondropin.org.uk/">http://croydondropin.org.uk/</a></p>	<p>Aged 0- 25</p>
<p>Off The Record - Youth Counselling Croydon</p> <p><b>SEE UPDATE DURING PERIOD OF RESTRICTIONS - INFORMATION FOR YOUNG PEOPLE</b></p>	<p>Provides a range of free, friendly and accessible support services for young people aged 14-25 who live, work or study in the Croydon and Sutton area. Our services including counselling, online counselling, support to young refugees, asylum seekers and support to young carers.</p>	<p>72, Queens Road Croydon Surrey CR0 2PR 020 8251 0251 <a href="mailto:info@offtherecordcroydon.org">info@offtherecordcroydon.org</a> <a href="https://www.talkofftherecord.org/">https://www.talkofftherecord.org/</a></p>	<p>Young people aged 14-25 Young Carers service: aged 7+ Young refugees/asylum seekers: 11+</p>
<p>Croydon IAPT Psychological Therapies Service</p>	<p>Free confidential service that supports adults aged 18 years and over who are</p>	<p>You can self-refer to these services and do not need to be referred by a GP. You can find out more about the service and</p>	<p>Aged 18+</p>

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	experiencing low mood, depression and anxiety.	if it would be suitable for you on the IAPT website: <a href="https://slam-iapt.nhs.uk/croydon/welcome-to-croydon-iapt/">https://slam-iapt.nhs.uk/croydon/welcome-to-croydon-iapt/</a>	
Young Carers support services	Off The Record	020 8649 9339 (option 2) Email: <a href="mailto:youngcarers@talkofftherecord.org">youngcarers@talkofftherecord.org</a>	Aged 7-25, live in Croydon and are caring for someone with a physical disability, mental health issue, long-term illness or learning difficulty
The Bridge Youth Club	An environment where young people can engage in various youth club activities, while also sharing their feelings about their sexuality, sexual orientation and gender identity	Sarah: <a href="mailto:youth@metrocharity.org.uk">youth@metrocharity.org.uk</a> <a href="https://www.metrocentreonline.org/youth">https://www.metrocentreonline.org/youth</a>	The Bridge runs two weekly groups, one for people aged 11 – 16 and one for people aged 17 – 25
Youth hubs, safe places for young people to access services in the community	Management of three youth hubs (and support for forth hub in another service) additional support for community hubs managed in the voluntary sector	Youth engagement service Croydon Council 020 8726 6000	8-19 year olds