# Enfield Services to support Mental Health

*Anna Freud have a website which supports Young People, families and professionals. The Youth Wellbeing Directory provides a list of free local and national organizations for anyone up to the age of 25, along with important information you may find helpful.*

Website: <https://www.annafreud.org/on-my-mind/youth-wellbeing/>

Psychoeducation Leaflets:

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>

*Health Translation:* this Australian website has lots of resources about mental health in English and then translated into a number of languages.

*Website:* <https://healthtranslations.vic.gov.au/bhcv2/bhcht.nsf>

## Individual Counselling/Therapy (face to face)

***Enfield IAPT Team:*** Service for 16+ with mild-moderate mental health difficulties.

**Address:** The Chase Building, Chase Farm Hospital, The Ridgeway, Enfield, EN2 8JL

**Telephone:** **0208 702 4900**

**Website:** www.lets-talk-iapt.nhs.uk

**Self-refer:** <https://www.lets-talk-iapt.nhs.uk/self-referral/>

***Voice Collective:*** *Voice Collective is a UK-wide, London-based project that supports children and young people who hear voices, see visions, have other ‘unusual’ sensory experiences or beliefs. We also offer support for parents/families, and training for youth workers, social workers, mental health professionals and other supporters. Our work is funded by BBC Children in Need and the Esmée Fairbairn Foundation, amongst others*

Email: info@voicecollective.co.uk

Website: [www.voicecollective.co.uk](http://www.voicecollective.co.uk) – resources available on website, including a booklet written specifically for parents.

Online forum which has a section dedicated to parents: <http://forum.voicecollective.co.uk/>

***Refugee Therapy Centre:*** Offers psychotherapy and counselling for young people and families who are refugees and asylum seekers.

Address: 1a Leeds Place, N4 3RF

Telephone: 020 7561 1587

Website: [www.refugeetherapy.org.uk](http://www.refugeetherapy.org.uk)

*Enfield Women’s Centre:* Provides information, advice or referrals on a range of issues for women including relationships, violence against women and girls, training, health, through courses, workshops, one-to-one, social activities. Offers a counselling service, free legal advice sessions.

Address: 31a Derby Road, EN3 4AJ

Email: info@enfieldwomen.org.uk

Website: [www.enfieldwomen.org.uk](http://www.enfieldwomen.org.uk)

*Refugee Council:* provides a therapeutic service for children who are in the UK without their families and who are refugees or who are seeking asylum (based in Stratford and Croydon). Also offers advice and assistance to refugees and asylum seekers.

****Telephone:** 020 7346 1134**

Email: myview@refugeecouncil.org.uk

Website: <https://www.refugeecouncil.org.uk/>

**Advisers working with childrencan** call 020 7346 1134 / email children@refugeecouncil.org.uk

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***Enfield Mental Health Support Team in Schools (MHST)*** is part of Enfield CAMHS. They offer support to children, young people and their parents around a range of mild-moderate emotional wellbeing and mental health concerns. They primarily work within schools and have adapted to offer work virtually and in the community. They offer a set number of goal-focused sessions, based on cognitive behavioural therapy ideas and guided self-help for difficulties such as anxiety, low mood, and behaviour concerns. **Please contact your child's school for an MHST referral.**

## Charities and Apps for young people

***Mind:*** Mental health charity providing information and support.

**Website:** <https://www.mind.org.uk/information-support/types-of-mentalhealth-problems/>

**Telephone numbers:**

Advice - 0208 906 7505 | Counselling - 0208 906 7508 | Wellbeing - 0208 906 7507

***Affirm:*** provides 11-25-year olds up to 5-7 hours per week support, ranging from face to face and virtual support. The support package aims to equip young people with skills around building their self- esteem and confidence, employment support, mentoring and befriending, skills and learning about personal development, therapeutic inputs and social inclusion.

**Website:** <https://www.transitionsuk.org/affirm>

**Mentorship:**

***Website:*** <https://www.family-action.org.uk/what-we-do/children-families/mentoring/friendshipworks/>

***Young Minds:*** Mental health support for young people (For Parents and Young People)

**Website:** <https://youngminds.org.uk/>

***Kooth:*** online counselling service with a qualified counsellor and emotional well-being platform for children and young people.

**Website:** <https://www.kooth.com/>

***Woebot****:* Woebot is an automated conversational agent (chatbot) who helps you monitor mood and learn about yourself. Drawing from a therapeutic framework known as Cognitive Behaviour Therapy.

**Website:** <https://www.woebot.io/>

***The Mix****:* A support service for young people – advice and support on mental health, money, homelessness, finding a job, break-ups, drugs. Online, social or our free, confidential helpline. Also has a crisis messenger where you can get crisis support via text. The Mix Counselling service also offers short-term help with your mental health and emotional wellbeing through telephone and Webchat available to young people aged 25 years old and under.

**Text** THEMIX to 85258 for crisis support

**General Website:** <https://www.themix.org.uk/>

**Website for Counselling:** https://www.themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service

***Childline****:* Advice articles, games, online forum, mood tracker, phone line, access to online counselor for under 18s.

**Telephone:** 08001111 (free and anytime)

**Website:** <https://www.childline.org.uk>

 **Online counselling:** <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

***NSPCC:*** Confidential information and advice service for children, young people and families. Therapeutic service also available for children who have been sexually abused (age 4-17), adapted services for disabled children (up to age 19), children who develop harmful sexual behaviour/abuse others (up to age 21), and children at risk/who have been sexually exploited (11-19).

**Telephone:** 0808 800 5000

**Textphone:** 88858

**Email:** help@nspcc.org.uk

**Website:** [www.nspcc.org.uk](http://www.nspcc.org.uk)

***Worrinots:*** a platform that they can use to communicate their worries, fears and anxieties.

**Website:** <https://www.worrinots.com/>

**SHOUT:** Free confidential and anonymous text messaging service, any time, day or night.

Text SHOUT to 85258

**Website:** <https://giveusashout.org/>

***Feeling Good*** (downloadable App)Improve your thoughts, feelings, self-esteem, and self-confidence using the principles of cognitive behavioural therapy.

***My Possible Self*** (downloadable App) Pick from 10 modules to learn how to manage fear, anxiety and stress, and take control of your thoughts, feelings and behaviour.

***Stress & Anxiety Companion*** (downloadable App) Guided breathing exercises, relaxing music and games made to help calm the mind, and handle stress and anxiety on the go.

***eQuoo: Emotional Fitness Game*** (downloadable App) Use adventure games designed by psychologists to increase your emotional fitness and learn new psychological skills.

***distract*** (downloadable App)Get quick, easy and discreet access to information and advice about self-harm and suicidal thoughts.

***Cove*** (downloadable App) Create music to help express complex feelings. Cove is a personal musical journal to help you with your mental health.

***Catch It*** (downloadable App)Learn to look at problems differently, turn negative thoughts into positive ones and improve your mental wellbeing.

***Calm Harm*** (downloadable App) An app designed to help people resist or manage the urge to self-harm. It's private and password protected.

***AChance2Talk*** (Run by the NSPCC): counselling support and information for age 12-16, to help with any problem. Young people can email advisors via the website, who will try to reply within 24 hours. **Website:** [www.achance2talk.com](http://www.achance2talk.com/)

***MeeTwo App:*** Fully moderated app provides peer support through social media, promoting mental well-being of young people. Also includes educational resources. MeeTwo works in partnership with Young Minds and the NSPCC.

**Website:** <https://www.meetwo.co.uk/>

***North London Samaritans:*** Helpline which offers support and a place to talk for anybody

**Telephone:** 020 8368 6789 (local call charges apply) or 116 123 (this number is free to call)

**Email:** jo@samaritans.org

***No Panic:*** Voluntary charity offering support for sufferers of panic attacks and obsessive-compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

**Telephone:** 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

**Website:** [www.nopanic.org.uk](http://www.nopanic.org.uk)

***OCD Action:*** Support for people with OCD. Includes information on treatment and online resources.

**Telephone:** 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

**website:** <www.ocdaction.org.uk>

***OCD UK:*** A charity run by people with OCD, for people with OCD.

**Telephone:** 0333 212 7890 (Monday to Friday, 9am to 5pm)

**Website:** <www.ocduk.org>

**PAPYRUS:** Young suicide prevention society.

**Telephone:** HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)

**Website:** [www.papyrus-uk.org](http://www.papyrus-uk.org)

***SANE:*** Emotional support, information and guidance for people affected by mental illness, their families and carers.

**SANEline:** 0300 304 7000 (daily, 4.30pm to 10.30pm)

**Textcare:** www.sane.org.uk/textcare (comfort and care via text message)

**Peer support forum:** www.sane.org.uk/supportforum

**Website:** www.sane.org.uk/support

***Refuge:*** Advice on dealing with domestic violence.

**Telephone:** 0808 2000 247 (24-hour helpline)

**Website:** [www.refuge.org.uk](http://www.refuge.org.uk)

***Beat:*** The UK's Eating Disorder Charity

**Telephone:** 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)

**Website:** www.b-eat.co.uk

***Body Dysmorphic Disorder Foundation:***

**Website:** <https://bddfoundation.org/resources/>

**Support Groups:** <https://bddfoundation.org/support-groups/>

*National Centre for Gaming Disorders:* The National Centre for Gaming Disorders provides treatment for problem gamers living in England and Wales aged 13 and upwards. We assess and treat the needs of problem gamers as well as their family members or carers.

Website: <https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/national-centre-behavioural-addictions/National-Centre-for-Gaming-Disorders>

Address: 69 Warwick Road, Earls Court, London SW5 9HB

Email: ncba.cnwl@nhs.net

Telephone: 020 7381 7722

## Family/Parenting Support

***Parent Support Service:*** work with families to achieve positive outcomes for children aged 0-18 years and offer Parenting Support Programs.

**Telephone:** 0208 379 2002

**Website:** https://new.enfield.gov.uk/if/parent-support-service/

***Building Stronger Families:*** Provide practical, emotional, and financial support poverty, disadvantage and social isolation across the country.

**Website:** <https://www.family-action.org.uk/what-we-do/children-families/mentoring/friendshipworks/>

***Family Lives:*** Advice on all aspects of parenting, including dealing with bullying.

**Telephone:** 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

**Website:** www.familylives.org.uk

*Enfield Children and Young Person’s Services (ECYPS):* This service provides info about activities for children, training for parents.

**Parenting Facilitator/Joint Youth Initiative Co-ordinator:** Shamima Rahman

**Address:** The ARK, Unit 1, 500 Montagu Road, Edmonton, N9 0UR

**Telephone:** 0208 373 2692.

**Email:** shamimaecyps@gmail.com

**Website:** <http://www.ecyps.org.uk>

*ECYPS also coordinate several public resources in the community. Strengthening Families, Strengthening Communities is a parenting program aimed at parents and carers to promote and support positive child/parent relationships. Course books for participants are available at a cost of £12 per book/participant and run a number of community play projects/schemes, for children, teens, girls-only.*

***Family Based Solutions*:** works with the whole family to repair and manage difficult family relationships.

**Address:** 5 Chase Side Crescent, Enfield, EN2 0JA

**Telephone:** 020 8363 6262

**Website:** <www.familybasedsolutions.org.uk>

**Email:** admin@familybasedsolutions.org.uk

*The DART program:* run by Family Based Solutions – contact details as above.

***Open Doors:*** Parenting Teenage Project service to support parents around concerns with their teenage children.

Address: 12 Middle Lane, Crouch End, London N8 8PL

Telephone: 020 8348 5947

Email: enquiries@opendooronline.org Website: [www.opendooronline.org](http://www.opendooronline.org/)

***Incredible Years Parenting******Program – Enfield Children’s Centre:*** a 12-week evidence-based program focusing on parent involvement to promote children's academic, social and emotional skills.

**Telephone:** 0208 441 7728 to book

***Parent Partnership:*** Support if parents feel the school is not meeting their child’s needs.

**Address:** New Prospect House, 8 Leake Street, London SE1 7NN

**Email:** info@prospect.org.uk

**Telephone:** 0300 600 1878

***Parent Support Unit:*** They work with families to achieve positive outcomes for children 0-18 and offer parenting support with implementing routines and boundaries.

**Address:** 9 Centre Way, Claverings Industrial Estate, Edmonton, N9 0AB

**Telephone:** 020 8379 2002.

**Website:** https://new.enfield.gov.uk/if/parent-support-service/

**Email:** parent.supportservice@enfield.gov.uk

***Yuva:*** Works with YP 11-25 who are abusive to parents/close relationships. Also work with parents

Telephone: 0208 222 8281

***Young Minds Parent Helpline:*** Offers free and confidential expert advice for parents worried about their child. Information on supporting children and young people with specific problems can also be found on their website.

**Telephone:** 0808 802 5544 free to call 9.30-4pm, online contact form for out of hours

Website: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

***Family Lives:*** parenting and family support, online chats, a helpline and online parenting classes

**Telephone:** 0808 800 2222

**Website:** <https://www.familylives.org.uk/>

***Dad Info:*** for fathers, provides free expert advice and support from legal issues, child development to financial advice and everything in between

**Website:** <https://www.dad.info/>

***Mum Info:*** An informational resource for mums and soon-to-be mums

## Website: <https://www.mum.info/>

***MindEd:*** A free educational resource for adults on children and young people’s mental health

Website: <https://www.minded.org.uk/>

*Think U Know:* A guide to Internet safety and safe surfing for young people (4 to 7, 8-10, 11-13, 14+) and for parents/carers of young people

Website: <https://www.thinkuknow.co.uk/>

## Family difficulties

***CAFCASS (Children and Family Court Advisory and Support Service)****:* parenting dispute resolution service, representing children’s needs in family court dispute.

**Telephone number:** 03004564000

**Email:** telephoneenquiries@cafcass.gov.uk

The Cafcass call centre is open 9-5 Mon – Thursday, and 9-4.30 Friday.

*National Family Mediation:* An organisation specifically set up to help families who are separating. Also has a useful book list for children of different ages.

**Telephone:** 0300 4000 636

Website: [www.nfm.org.uk](http://www.nfm.org.uk)

***Relate:*** Helps couples with relationship difficulties.

**Email:** enquiries@relate.org.uk

Website: [www.relate.org.uk](http://www.relate.org.uk)

## Educational Support

***SENDIASS:*** impartial information, advice and support to children, young people and parents on Special Education Needs.

**Address:** Community House, 311 Fore Street, London, N9 0PZ

**Telephone:** 020 8373 6273 (help line) / 020 8373 6243 (office number)

**Email:** enquiries@epandc.org.uk

***Enfield Educational Psychology Service: Telephone Support Line for Parents & Carers:*** In response to COVID-19 and the Government's Wellbeing for Education Return program, Enfield EP Service is offering Enfield parents and carers the opportunity to speak to an Educational Psychologist about a concern or issue they may have in relation to their child including: Transitioning back to school, Learning, Emotions (e.g. fears and worries, low mood, anger), Managing routines at home.

Online form: <https://forms.office.com/Pages/ResponsePage.aspx?id=HbkYzLIbm02sdnpER0iNSXu_LICxaVVBt6wk9bHMJDpUMERTMFZQMzBaMDlHRThTV1VCUTRCVk03RC4u>

*If you don’t have access to the internet, you can call to request a phone call:* 0208 3792000

*Behaviour Support Service:* Support for school struggling to manage behaviour of children 5-11 years (Referral via school).

**Website:** <https://new.enfield.gov.uk/services/children-and-education/local-offer/education/behaviour-support-service/>

## NDS and Disability

### Autism

*Enfield Advisory Service for Autism (EASA):* Workshops, drop-ins and parent training courses (MAPS, Earlybird & Cygnet) for parents of children with a diagnosis of autism.

**Telephone:** 0208 353 4186

**Email:** admin@enfieldasa.org.uk

Website: <https://www.enfieldasa.org.uk>

***Enfield National Autistic Society (ENAS):*** provides ‘partner for life’ support via a local network of autistic people, their families, and carers throughout the Borough of Enfield. They are a totally voluntary group of parents and autistic adults working together and supporting each other, ensuring that no-one feels alone as they cope with the challenges of living with autism.

**Telephone:** 07903 420016

**Email:** enfield@nas.org.uk Website: <https://www.enfieldnas.org.uk>

*Other websites for Autism:*

<https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx>

<https://carolgraysocialstories.com/social-stories/social-story-sampler/>

<https://www.autism.org.uk/about/strategies/visual-supports.aspx>

<http://autismcircuit.net/tools>

### ADHD

***The Adult ADHD Service:***
**Address:** Level 2 of The Springwell Centre, Wellhouse Lane, Barnet, EN5 3DJ **Telephone:** 020 8702 5544

*Other websites for ADHD:*

*[www.adders.org.uk](http://www.adders.org.uk/)*

<https://www.livingwithadhd.co.uk/>

### Other Disability Support

***SCOPE- Navigate:*** Navigate is a national mentoring service that provides online emotional support for parents and carers of disabled children who are finding out about their child’s additional needs.

Eligibility: has parental responsibility for a child under 18 living in England or Wales who is on a pathway to diagnosis or has received one in the last year - Navigate is a 6-week programme that puts you in touch with a personal adviser, who will help you to talk about your feelings and concerns.

**Website:** <https://www.scope.org.uk/family-services/navigate/>

***Enfield Carers Centre:*** help support carers in all aspect of their caring role and as an individual.

**Address:** Britannia House, 137-143 Baker Street, Enfield, Middlesex, EN1 3JL

**Telephone:** 020 8366 3677

Website: <http://www.enfieldcarers.org>

*Together for Short Lives:* UK charity for children’s palliative care. Directly support children and families through our helpline and the information and resources on our website, which help ensure that families can find the right local services and make the right choices about their child’s care. Support all the professionals, children’s palliative care services and children’s hospices.

Helpline: 0808 8088 100

Website: <https://www.togetherforshortlives.org.uk/about-us/>

Email: info@togetherforshortlives.org.uk

***Our Voice:*** They are a parent-led organisation working with parents and carers, as well as the statutory and voluntary sectors, to improve services for children and young people with disabilities or special educational needs in the borough of Enfield.

**Telephone:** 07516 662315

**Email:** info@ourvoiceenfield.org.uk

Website: <https://www.ourvoiceenfield.org.uk>

*Enfield Carers Centre – Enfield Young People in Caring:* (EyPIC) is a service supporting young carers aged from 5-18 living in Enfield

Telephone: 07809332106

Website: <http://www.enfieldcarers.org/our-services/young-carers/young-carers-support/>

Email: youngcarers@enfieldcarers.org

***Sensory needs:*** implementing sensory strategies at school/at home. The following websites and organisations have useful information on sensory needs and strategies. Please note that some of these websites are diagnostic-specific, but they have useful strategies for children **who don’t have** a known diagnosis:

<https://www.autism.org.uk/about/behaviour/sensory-world.aspx>

<https://www.iidc.indiana.edu/pages/sensory-integration-tips-to-consider>

<https://www.sheffieldchildrens.nhs.uk/services/child-development-and-neurodisability/sensory-processing-difficulties/>

***CP Teens:*** Cerebral Palsy offer online peer support, parent/carer voice, information and resources.

**Email:** office@cpteensuk.org

**Web chat:** <https://www.cpteensuk.org/contact>

**Facebook:** /CPTeensUK

**Twitter:** @CPTeensUK

**Instagram:** @CPTeensUK

**Website:** <https://www.cpteensuk.org/>

***The Bobath Centre:*** for Children with Cerebral Palsy is a national charity which specializes in individual therapy for children (and adults) with Cerebral Palsy using the Bobath/NDT approach to treatment and management. The aim is to improve the independence, health and wellbeing of children with cerebral palsy through providing specialist physio, occupational and speech & language therapy. Therapists work together parents and families to manage their child's condition. It offers training for professionals and has a wide range of information available.

**Telephone:** 029 2052 2600

**Website:** <www.bobath.org.uk>

***NHS Vision Loss:***

Website: <https://www.nhs.uk/conditions/vision-loss/>

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***Mencap:*** Charity working with people with a learning disability, their families and carers.

**Telephone:** 0808 808 1111 (Monday to Friday, 9am to 5pm)

**Website:** www.mencap.org.uk

***The Local Offer****:* Local offer of Education Health and Social Care Services for children with Special Educational Needs and /or disabilities 0-25 years.

**Website:** <https://new.enfield.gov.uk/services/children-and-education/local-offer>

*Enfield Early Help Hub* work with the whole family to improve wellbeing, relationships, behaviour and communication by offering advice, support and direct interventions at any point in a child or young person's life, from pre-birth to adulthood. The type of support offered will depend on the needs of the family. The Enfield Early Help Hub has services that support children young people and families.

Referrals are made online and can be done by a professional or by carers and relatives (you can ask a professional to help or make a referral for you).

[*https://cp.childrensportal.enfield.gov.uk/web/portal/pages/ehfh*](https://cp.childrensportal.enfield.gov.uk/web/portal/pages/ehfh) Or by Telephone: 0208 379 2002

*Changing Faces:* We offer a wide range of Self-Help for adults, families and young people learn new techniques to handle living with an unusual appearance.

Website: <https://www.changingfaces.org.uk/adviceandsupport/self-help>

Telephone: 0300 012 0275 (10am-4pm Monday to Friday)

Bereavement

***Cruse Bereavement:*** The Youthline is for ages 12-18 and offers counselling, information and advice.

**Website:** <www.rd4u.org.uk>

**Youth line:** 0808 808 1677 (9.30-5 Mon-Fri)

## [www.hopeagain.org.uk](www.hopeagain.org.uk%20) – Bereavement (Child Cruse)

***Enfield Bereavement Service:*** The service offers one-to-one help and support to people who have lost someone close. Trained volunteers offer emotional support, one-to-one visiting.

**Telephone:** 020 8367 1863

***Grief Encounters:*** one-to-one counselling for young people, workshops, specialist resources, a bespoke 'Grief Relief Kit’, residential camps and 'Family Fun' days. Available to children who live in EN1 EN2 EN3 or attend a school in this post code.

**Address:** Grief Encounter, The Lodge, 17 East End Road, N3 3QE

**Telephone:** 0208 371 8455

**Email:** sue@griefencounter.org.uk

**Web:** <www.griefencounter.org.uk>

**Winston’s Wish**: Bereaved children

<https://www.winstonswish.org/>

## Looked After and Adopted Children

*Enfield Post-Adoption Team:* Post-adoption support if the child you seek help with is adopted.

**Address:** Triangle House, 305 Green Lanes N13 4YB

Telephone: 0208 379 8282

*PAC-UK Education Advice Line:* This is an opportunity to speak to a member of PAC-UK’s Education Service about any issues to do with meeting the educational needs of permanently placed children and young people. Calls are welcomed from parents, guardians and carers, school staff and other education and care professionals.

Telephone: 020 7284 5879 (Wed & Thurs 10am -12 noon) excl. half term and school holidays

Email: education@pac-uk.org (you can also access education advice, information and support by email at)

Web: <www.pac-uk.org>

Other Websites:

[www.lifestoryworks.org](http://www.lifestoryworks.org/)

[www.adoptionnorthlondon.co.uk](http://www.adoptionnorthlondon.co.uk/)

[www.specialguardiansnorthlondon.co.uk](http://www.specialguardiansnorthlondon.co.uk/)

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## Advice/Advocacy

***Citizen Advice Bureau:*** Advice around problems including housing, employment, benefits, debts or immigration issues, to anyone who lives in Enfield. For all kinds

**Address:** 3, 5 Vincent House, 2E Nags Head Road, Enfield, EN3 7FN

**Telephone:** 0300 330 1167

**Website:** [www.citizensadviceenfield.org.uk](http://www.citizensadviceenfield.org.uk) – messages can be sent via the website.

## Abuse/Crime/Safeguarding

***The Lighthouse team***: Service for children and young people in Barnet, Camden, **Enfield**, Haringey and Islington who have experienced any form of sexual abuse

**Telephone:** 0808 169 8112

**Email:** uclh.thelighthouse@nhs.net

**Website:** <www.uclh.nhs.uk/thelighthouse>

***Barnardo’s:*** provides a range of services to children, young people and families across the UK. Services address problems including sexual exploitation, substance misuse and homelessness.

**Telephone:** 020 8550 8822

**Website:** [www.barnardos.org.uk](http://www.barnardos.org.uk)

***Solace:*** Violence against women and girls.

**Telephone:** 0808 802 5565

**Website:** [www.solacewomensaid.org](http://www.solacewomensaid.org)

**Email:** enfield.SASS@solacewomensaid.org

***Brook:*** Helpline providing free, confidential sexual health advice and contraception for young people, up to age 25.

**Telephone:** 0800 0185 023

**Website:** [www.brook.org.uk](http://www.brook.org.uk)

***Child Exploitation and Online Protection Centre (CEOP):*** Concerns re online exploitation.

**Telephone:** 0870 000 3344

**Website:** <https://www.ceop.police.uk/safety-centre/>

*Enfield Domestic Abuse Hub:* dedicated multi-agency domestic abuse hub will respond to concerns quickly to reduce risks to and ensure safety of children and vulnerable adults. The new hub will support the current arrangements in the borough, making it easier for people to get help. This includes a new service where people who are suffering from domestic abuse and are worried about their circumstances can ring specialized officers.

Telephone: 0800 923 9009.

***North London******Victim Support*:** this service has caseworkers trained to work with children and young people and can provide face-to-face emotional support and practical advice about the criminal justice system and personal defense equipment.

**Telephone:** 0808 168 9291

***Embrace Child Victim of Crime:*** focused on supporting children, young people and families who are victims of serious crime.

**Telephone:** 0345 60 999 60 **Website:** <https://embracecvoc.org.uk/about-us/>

***Fearless:*** Fearless is a site where you can access non-judgmental information and advice about crime and criminality. What makes this site different is they provide a safe place to give information about crime - 100% anonymously.

**Website:** <https://www.fearless.org/en>

***FRANK:*** A free service providing advice to people of all ages about drugs; can provide information about local support services.

**Telephone:** 0800 77 66 00

**Email:** [www.talktofrank.com](http://www.talktofrank.com)

***Fresh Steps:*** Girls and young women aged 15-25, who are at risk of CSE or sexual violence and are leaving care or custody settings.

**Telephone:** 020 8221 8200 / 07739 659 404

**Email: gabrielle.ernest@childrenssociety.org.uk, leah.stone@childrenssociety.org.uk**

***Women’s centre:***

**Address:** 31A Derby Road, Enfield, EN3 4AJ

**Telephone:** 0208 443 1902

**Email:** info@enfieldwomen.org.uk

**Website:** <http://www.enfieldwomen.org.uk/>

***The Havens:*** These are specialist centres in London for people who have been raped or assaulted in the last 12 months.

There is a 24-hour helpline for urgent advice and to book an appointment at one of the centres: **020 3299 6900**. For non-urgent advice you can call **020 3299 1599**.

***NSPCC:*** The NSPCC helpline is a place adults’ can contact by phone or online to get advice or share their concerns about a child, anonymously if they wish. Therapeutic support also available (see individual counselling).

**Telephone:** 0808 800 5000 24/7 support

Website: <https://www.nspcc.org.uk/services-and-resources/nspcc-helpline>

Email: help@nspcc.org.uk

***Child Exploitation and Advice for Young People***: Help and advice for children at risk of sexual abuse and grooming online. You can also report if you have been the victim of online abuse or you're worried about somebody else, securely.

**Website:** [www.ceop.gov.uk](http://www.ceop.gov.uk) & [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) **Telephone:** 0870 000 3344

*Abianda:* Abianda offer one-to-one, group work and employment opportunities to gang-affected young women. And for professionals they offer training and support to work more confidently and effectively with gang-affected young women.

Website: <http://abianda.com/services/>

Star Project: Specialist 12-session one-to-one service for gang-affected young women aged 16-24.

Telephone: 020 768 60520

Rescue and Response: Supporting young Londoners affected by county lines exploitation.

Telephone: 0208 937 5765

Enquiries@rescue-response.com

Website: <https://randr-london.ecconnect.org/form/Rescue%20and%20Response%20Referral%20Form>

*ECPAT:* ECPAT UK's award-winning youth programme for trafficked young people is now accepting new members. The programme is open to young people living in London who may have been exploited or who have been formally recognised as a victim of trafficking. Referrals into our youth programme must be made by a frontline professional working with the young person.

Email: youth@ecpat.org.uk

***Runaway Helpline:*** Helpline for young people who have run away, been forced to leave home, are thinking about it or are worried about someone to listen and offer support.

**Telephone:** Call or text 116 000 free 24/7

**Email:** 16000@missingpeople.org.uk

**Website:** <https://www.runawayhelpline.org.uk/>

***CALM:*** CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

**Telephone:** 0800 58 58 58 (daily, 5pm to midnight)

**Website:** www.thecalmzone.net

***Missing People:*** A helpline providing support, advice and practical help for friends and family concerned about someone who is missing.

**Telephone:** 0500 700 700

**Website:** www.missingpeople.org.uk

*Parents Against Child Exploitation (PACE):* Pace works alongside parents and carers of children who are – or are at risk of being – exploited by perpetrators external to the family. PACE offer guidance and training to professionals on how child exploitation affects the whole family.

*Confidential help and advice: 0113 240 5226*

Website: https://paceuk.info/

*Rape and Sexual Abuse Support Centre: Support by telephone and post, counselling for women and girls, also a referral service for boys and men.*

Telephone: 020 8683 3300

Website: www.rasasc.org.uk

*Refuge:* Offers accommodation and support to women and children escaping domestic violence.

Telephone: 0808 200 0247

## Personal Safety

*Sexual Health Outreach Services for Young People (SHOUT 4YP):* Advice and information on contraception and making healthy choices to reduce the risk of unplanned pregnancies and sexually transmitted infections (STIs)

Telephone: Angela 07943 510 643

Website: https://www.echoclinics.nhs.uk/young-people/

*Sexwise:* Free confidential advice on sex and relationships for under 18s.

Telephone: 0800 28 29 30

Website: www.ruthinking.co.uk

*St Giles:* Peer Support to people with recent convictions or those recently released from prison to help access employment, volunteering and training opportunities.

Website: setnorthlondon@stgilestrust.org.uk

*Suzy Lamplugh Trust:* Campaigns on personal safety issues and provides advice on personal safety and how to avoid putting yourself at risk.

Telephone: 020 7091 0014

Website: www.suzylamplugh.org

## Substance Use

***COMPASS:*** Support for substance use

Address: 29 Folkestone Road, Enfield, N18 2ER

Telephone: 0208 360 9102

Website: <http://www.compass-uk.org/compass-enfield-young-people/>

## LGBTQ+

*Mindout:* LGBTQ Mental Health Service - A mental health service designed to specifically support members of the LGBTQ+ community.

Website: <https://www.mindout.org.uk/>

*Young Stonewall:* We're here to let all young lesbian, gay, bi and trans people - as well as those who are questioning - here and abroad, know they're not alone. We want to empower all young people, regardless of their sexual orientation or gender identity, to campaign for equality and fair treatment for LGBTQ people, and against discrimination.

Telephone: 0800 0502020, lines are open 9:30 - 4:30 Monday to

Email: info@stonewall.org.uk

Website: <https://www.youngstonewall.org.uk/>

*TheMix:* The Mix provide essential support to under 25’s, which include online community forum where young people can discuss issues around gender, identity and sexuality on a moderated forum.

Website: <https://community.themix.org.uk/categories/gender-sexuality>

*Gendered Intelligence:* Gendered Intelligence (GI) is a trans-led charity working across the UK. Our mission is to increase understandings of gender diversity. Our vision is of a world where people are no longer constrained by narrow perceptions and expectations of gender, and where diverse gender expressions are visible and valued. We work with the trans community and those who impact on trans lives; we particularly specialise in supporting young trans people aged 8-25.

Website: <http://genderedintelligence.co.uk/>

*Spectra:* Spectra offers non-judgmental, accessible, peer-led services and support to marginalised and disadvantaged communities in London, recognising that there are significant unmet health needs and health inequalities here.

Website: <https://spectra-london.org.uk/trans-gender-services/trans-counselling/>

*Proud:* Proud Enfield is the lesbian, gay, bisexual, and trans (LGBT) group of young people aged 13-18 in Enfield.

Proud Enfield meets every Wednesday at 6:30pm. Participants receive advice and support and opportunities to take part in fun and informative sessions.

For more information about how to join please contact Claire Whetstone (020 8373 2710 or claireecyps@gmail.com or Tim Fellows timfellows@thelancastercentre.co.uk

## Anti-Bullying Support Websites

<https://www.anti-bullyingalliance.org.uk/>

<https://www.kidscape.org.uk/cyberbullying/>

<https://www.stopbullying.gov/>

Carers Support Services

***DAZU:*** Support and activities for young carers aged 4-18.

**Address:** The Ark, Unit 1, Marsh House, 500 Montagu Road, Edmonton, London, N9 0UR

**Telephone:** 020 8373 2718

**Email:** dazu 22@yahoo.com

**Website:** [www.dazu.co.uk](http://www.dazu.co.uk)

***SIBS:*** Sibs is a national charity focusing on supporting siblings of disabled children and adults.

**Website:** <https://www.youngsibs.org.uk/>

***Enfield Young Carers:*** They are part of the Enfield Carers Centre.

**Website:** <https://enfieldcarers.org/young-carers/>

*Resources for Autism:* This charity is based in nearby Finchley. They do have a Siblings Group at their branch in the Midlands.

Website: <https://resourcesforautism.org.uk/sibling-groups/>

## Other Helpful agencies/organisations

***Enfield Turkish Cypriot Association:*** Information and advice, respite service, lunch club, Surestart 0-5 years, ESOL (16+), young people – sports & drug awareness, home care.

**Address:** Community House, 311 Fore Street, Edmonton, N9 OPZ.

**Telephone:** 020 8373 6300

**Website:** <http://www.etca.org.uk/>

***Albert Kennedy Trust:*** Support for LGBT people aged 16-25 who are made homeless or living in a hostile living environment. Mentoring support to understand identity, deal with bullying and abuse, improve health and wellbeing, connect you with local services and groups.

**Website:** <https://www.akt.org.uk/>

Email: contact@akt.org.uk