

BEH ENFIELD CAMHS

**National and Local (Enfield) Service to support Children,
Young People and their families**

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By Enfield CAMHS

Table of Contents

Enfield Services	4
Individual Counselling/Therapy (face to face).....	4
Charities and Apps for young people	5
Family/Parenting Support.....	8
Website: https://www.mum.info/	10
Family difficulties	10
Educational Support.....	10
NDS and Disability.....	11
Autism.....	11
ADHD.....	11
Other Disability Support.....	12
Bereavement.....	14
Looked After and Adopted Children.....	14
Advice/Advocacy	15
Abuse/Crime/Safeguarding	15
Substance Use.....	16
LGBTQ+	16
Telephone: 0808 801 0400 (9am to 9pm Monday to Friday).....	16
Anti-Bullying Support Websites	17
Other Helpful agencies/organisations.....	17

Enfield Services

Anna Freud have a website which supports Young People, families and profession 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/>

Individual Counselling/Therapy (face to face)

'My Time' Every Parent and Child: Counselling for children 5-18 with school based challenges.

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

Telephone: 0208 373 6243

Email: enquiries@epandc.org.uk

Website: www.epandc.org.uk

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 – 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

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

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 children can call 020 7346 1134 / email children@refugeecouncil.org.uk

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

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/>

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.

Text THEMIX to 85258 for crisis support

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

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/>

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/>

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

Text SHOUT to 85258

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

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

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

Website: <https://www.worriots.com/>

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.

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

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

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

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

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

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

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

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/>

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/>

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> www.ecyps.org.uk

Website: 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: <https://familybasedsolutions.org.uk>

Email: admin@familybasedsolutions.org.uk

The DART program: run by Family Based Solutions

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

Telephone: 020 8363 6262

Website: <https://familybasedsolutions.org.uk>

Email: admin@familybasedsolutions.org.uk

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

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

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/>

Yuva: Works with YP 11-25 who are abusive to parents/close relationships. Also work with parents
Telephone: 0208 222 8281

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

Relate: Helps couples with relationship difficulties.

Email: enquiries@relate.org.uk

Website: 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

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.addiss.co.uk/index.html

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 new 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/>

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: <http://new.enfield.gov.uk>

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.

We would be grateful if you could support the parent in making this referral.
A referral can be made online: <https://cp.childrensportal.enfield.gov.uk/web/portal/pages/ehfh>
Or by Telephone: **0208 379 2002**

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)

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

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)

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

www.adoptionnorthlondon.co.uk

www.specialguardiansnorthlondon.co.uk

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: 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

Solace: Violence against women and girls.

Telephone: 0808 802 5565

Website: www.solacewomensaid.org

Email: enfield.SASS@solacewomensaid.org

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 specialised 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

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 they 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 & www.thinkuknow.co.uk

Telephone: 0870 000 3344

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/>

Mermaids: Mermaids has evolved into one of the UK's leading LGBTQ+ charities, empowering thousands of people with its secure online communities, local community groups, helpline services, web resources, events and residential weekends. Mermaids support transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care.

Telephone: 0808 801 0400 (9am to 9pm Monday to Friday)

Email: info@mermaidsuk.org.uk

Website: <https://mermaidsuk.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/>

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

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