

# Useful Information

**Brandon  
Centre**  
Here for Young People

## In Crisis? Feeling unsafe during the covid-19 pandemic?

<b>Under 18 in crisis</b>	<p>A child and adolescent crisis centre has been created at <b>The Northern Health Centre</b> on Holloway Road which you can drop into: 580 Holloway Road, N7 6LB.</p> <p>Call them first on:</p> <p>9am-12pm <b>020 3316 1824</b> (Paediatric mental health liaison service)</p> <p>12pm-12am <b>020 3758 2056</b> (the out of hours paediatric mental health liaison service)</p> <p>12am-9am Go straight to your hospital A&amp;E department</p>
<b>Over 18 in crisis</b>	<p>You can phone your <b>GP</b> in working hours and ask for an emergency appointment or call <b>Camden and Islington Crisis Resolution Team</b> on <b>020 3317 6777</b>, 24 hours a day.</p>

## Helplines for when you're in distress

<b>Samaritans</b> <i>24 hours a day</i>	Call <b>116 12</b> or email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
<b>Childline</b> <i>24 hours a day</i> <i>Support for 18 year olds and under</i>	Call <b>0800 1111</b> <a href="http://www.childline.org.uk">www.childline.org.uk</a> <a href="https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/">https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/</a>
<b>SANEline</b> <i>18-35 year olds</i> <i>6pm-11 pm every day</i>	Call <b>07984 967 708</b> and leave a voicemail giving your first name and a contact number, and one of our professionals or senior volunteers will call you back as soon as practicable. You can also email us at <a href="mailto:support@sane.org.uk">support@sane.org.uk</a>
<b>Shout</b> <i>Text-chat service</i>	Text the word Shout to <b>85258</b> To find out more, visit <a href="http://www.giveusashout.org">www.giveusashout.org</a>
<b>Rethink</b> <i>Confidential support for people 18+ affected by suicide including those who have been bereaved by suicide.</i> <i>Supporting people who live, work or study in Camden, Islington, Barnet, Enfield or Haringey</i>	Freephone: <b>0808 8020 080</b> Text: <b>07860 058 793</b> Webchat: <a href="http://www.rethink.org/ncl-suicide">www.rethink.org/ncl-suicide</a> Open Mon, Weds & Fri 6pm-8pm / Sun 6pm-9pm

# Domestic Violence

<b>Domestic Abuse: How to get help</b>	<a href="https://www.gov.uk/guidance/domestic-abuse-how-to-get-help">https://www.gov.uk/guidance/domestic-abuse-how-to-get-help</a>
<b>National Domestic Violence Helpline</b> <i>Freephone 24 hour</i>	Call <b>0808 2000 247</b> or email <b>helpline@womensaid.org.uk</b>
<b>Refuge</b> <i>Supporting women and children</i>	<b>0808 2000 247</b> <a href="https://www.refuge.org.uk/get-help-now/">https://www.refuge.org.uk/get-help-now/</a>
<b>Solace Women's Aid</b> <i>Free and confidential advice and support for women in London affected by abuse</i>	Call <b>0808 802 5565</b> or email <b>advice@solacewomensaid.org</b> <a href="https://www.solacewomensaid.org/get-help">https://www.solacewomensaid.org/get-help</a>
<b>National Rape Crisis England &amp; Wales Helpline</b> <i>Freephone helpline for survivors of sexual violence and abuse open 12 noon-2.30pm and 7.00pm-9.30pm every day of the year</i>	<b>0808 802 9999</b> Webchat: <a href="https://rapecrisis.org.uk/get-help/live-chat-helpline/about-the-live-chat-helpline/">https://rapecrisis.org.uk/get-help/live-chat-helpline/about-the-live-chat-helpline/</a>
<b>National LGBT+ Domestic Abuse Helpline</b>	Call <b>0800 999 5428</b> <a href="mailto:help@galop.org.uk">help@galop.org.uk</a> <a href="http://www.galop.org.uk/">http://www.galop.org.uk/</a>
<b>Men's Advice Line</b> <i>Help and support for male victims of domestic violence</i>	Call <b>0808 801 0327</b> or email <b>info@mensadviceline.org.uk</b> <a href="https://mensadviceline.org.uk/">https://mensadviceline.org.uk/</a>
<b>The Havens</b> <i>Specialist centres in London for people who have been raped or sexually assaulted</i>	Call <b>020 3299 6900</b> <a href="http://thehavens.org.uk">thehavens.org.uk</a>
<b>The Lighthouse</b> <i>Support for children and young people who have experienced sexual abuse</i>	Call <b>0808 169 8112</b> or email <b>thelighthouse.ask@nhs.net</b> <a href="https://www.thelighthouse-london.org.uk/">https://www.thelighthouse-london.org.uk/</a>
<b>Respect</b> <i>If you are concerned about your own or someone else's behaviour</i>	Call <b>0808 802 4040</b> <a href="https://respectphoneline.org.uk/">https://respectphoneline.org.uk/</a>

# Victim of a Crime

<b>Victim Support</b>	Call <b>0808 168 9111</b> <a href="https://www.victimsupport.org.uk/">https://www.victimsupport.org.uk/</a>
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## Finding Support Online

<b>The Mix</b> <i>Support for Under 25s</i>	Call <b>0808 808 4994</b> <a href="https://www.themix.org.uk/get-support/speak-to-our-team">https://www.themix.org.uk/get-support/speak-to-our-team</a>
<b>Hearts and Minds</b> <i>Web hangouts for 14-25 year olds</i>	<a href="https://heartsandminds.org.uk/hearts-and-minds-is-going-online/">https://heartsandminds.org.uk/hearts-and-minds-is-going-online/</a>
<b>Kooth</b> <i>An online community providing professional counselling and peer support for 11-25 year olds</i>	<a href="https://www.kooth.com/">https://www.kooth.com/</a>

## Housing Advice

<b>New Horizons</b> <i>Provides support to 16-24 year olds with finding accommodation as well as hot food, showers and laundry when they have nowhere else to turn</i>	Call <b>020 8388 5580</b> <a href="https://nhyouthcentre.org.uk/">https://nhyouthcentre.org.uk/</a>
<b>Shelter</b> <i>Housing advice helpline for 18-25 year olds in need of advice about housing</i>	Call <b>0330 0536091</b>

## Drugs and Alcohol

<b>Talk to Frank</b> <i>Information and advice about drug use</i>	Call <b>0300 123 6600</b> <a href="http://www.talktofrank.com/">http://www.talktofrank.com/</a>
<b>Camden Forward</b> <i>Young People's Drug &amp; Alcohol Service</i>	Call <b>020 7974 4701</b> <a href="http://www.talktofrank.com/treatment-centre/forward-fud-drug-and-alcohol-service-young-people-camden">http://www.talktofrank.com/treatment-centre/forward-fud-drug-and-alcohol-service-young-people-camden</a>
<b>Young People's Drug &amp; Alcohol Service (IYPDAS)</b> <i>For Islington Residents</i>	Call <b>020 7527 5099 / 020 7527 5554</b> <a href="http://www.islington.gov.uk/services/policing-safety/how/drugs/Pages/iypdas.aspx">http://www.islington.gov.uk/services/policing-safety/how/drugs/Pages/iypdas.aspx</a>
<b>Stop Smoking Help</b> <i>Young People's Drug &amp; Alcohol Service</i>	Camden <a href="https://www.smokefreelifecamden.co.uk/">https://www.smokefreelifecamden.co.uk/</a> Islington <a href="http://www.smokefreeislington.nhs.uk/">http://www.smokefreeislington.nhs.uk/</a>

## Eating Disorders

<b>Beat</b> <i>Eating Disorder Charity</i>	Helpline: <b>0808 801 0677</b> Studentline: <b>0808 801 0811</b> Youthline: <b>0808 801 0711</b>
	Webchat: <a href="https://www.beateatingdisorders.org.uk/support-services/helplines/one-to-one">https://www.beateatingdisorders.org.uk/support-services/helplines/one-to-one</a>
	Online support groups: <a href="https://www.beateatingdisorders.org.uk/support-services/online-groups">https://www.beateatingdisorders.org.uk/support-services/online-groups</a>

## LGBTQ + Support

<b>LGBT Foundation</b>	Call <b>034 5330 3030</b> Monday to Friday between 10am and 6pm for advice, support and information <a href="https://lgbt.foundation/helpline">https://lgbt.foundation/helpline</a>
<b>LGBT Switchboard</b>	Call their helpline on <b>0300 330 0630</b> Open 10am-22pm everyday <a href="https://switchboard.lgbt/">https://switchboard.lgbt/</a>
<b>Mind Out</b> <i>An instant messaging service run by Mind Out run by trained online support workers and mental health advocates.</i>	<a href="https://www.mindout.org.uk/get-support/mindout-online/">https://www.mindout.org.uk/get-support/mindout-online/</a>

## Self-care

<b>Smart phone apps</b> <i>for self-care</i>	<a href="https://www.nhs.uk/apps-library/category/mental-health/">https://www.nhs.uk/apps-library/category/mental-health/</a>
<b>Mind's</b> <i>advice for coping with the coronavirus</i>	<a href="https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/">https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/</a>
<b>Young Minds</b> <i>Looking after yourself</i>	<a href="https://youngminds.org.uk/find-help/looking-after-yourself/">https://youngminds.org.uk/find-help/looking-after-yourself/</a>