



Emotional Health Support Services for Children & Families

a handout with information, resources, and services to help support young people and their families

Kingston and Richmond Single Point of Access (SPA)

In the first instance, contact SPA if you are looking for support for a young person or have concerns. This service should also be contacted if there are any safeguarding issues (e.g. lack of adult supervision, abuse or neglect, gang concerns, etc.) or any other concerns about the wellbeing of a young person.

Contact SPA on **020 8547 5008** (9am-5pm) or **020 8770 5000** (out of hours)

If there is a referral in process for your child, the Child & Adolescent Mental Health Service (CAMHS) subsection of SPA can be contacted during working hours on **020 8547 6171** for advice and guidance, or to discuss potential referrals.

Local services for counselling and support

Relate

Relate offers counselling services for children, young people and their families for any young person who is having problems, from low mood and anger problems to issues with parents and school.

You can contact them on **0333 320 2206** or visit www.relate.org.uk



Off the Record

Off the Record provides drop-in counselling for young people who live or study in the Borough of Richmond. They provide early help to improve the emotional and mental wellbeing of young people.

You can contact them on **020 8744 1644** or visit www.otrtwickenham.com for further information.

Richmond and Kingston School Health Service

The School Health Service provides confidential advice and support to young people attending a school or being home schooled in Richmond or Kingston, to help promote physical and mental wellbeing. Contact them on:



Richmond: **0208 917 4220**
Kingston: **0208 549 6323**

or CLCHT.richmondschoolnursing@nhs.net
or KU19@yourhealthcare.org

Local CAMHS

Children and Adolescent Mental Health Service

If you are due to be seen by a CAMHS team, please contact the appropriate team with any concerns or queries. The local teams' numbers are:

Tier 3 CAMH Services:

Kingston Family, Adolescent & Child Team (FACT)
0203 513 5183

Richmond Child & Family Consultation Centre (CFCC)
0203 513 3238

Emotional Health Service (EHS)

If the family reside in or have a GP in the **Kingston Borough**
0208 547 6269

If the family reside in or have a GP in the **Richmond Borough**
0208 487 5470

these phones are staffed 9-5 on weekdays

