

**1. The emotional health and well-being** of children and young people is a growing concern both nationally & locally. We are keen to support anybody working with children and young people in Kingston and Richmond to be able to recognise & respond to the early signs & indicators of emotional distress. Suicide is the biggest killer of young people – male and female – under 35 in the UK.

**2. Research** has shown that open and honest conversations have helped save the lives of those considering suicide. Every year many thousands more attempt or contemplate suicide, harm themselves or suffer alone, afraid to speak openly about how they are feeling.

**3. Call our local 24/7 Mental Health Support Line** on 0800 028 8000 which offers emotional support & advice to people who are affected by urgent mental health issues. The line is open to children & adults of all ages & professionals. (South West London & St George's Mental Health NHS Trust)

**7. Free Online Training** here for volunteers and professionals:  
Suicide Prevention: 20 minutes  
<https://www.zerosuicidealliance.com/training/>  
Self-Harm: 30 mins  
[https://richmondscb.melearning.university/course\\_centre](https://richmondscb.melearning.university/course_centre)

**6. Support & advice for parents & carers**  
Local advice  
<https://kr.afcinfo.org.uk/pages/community-information/information-and-advice/covid-19-latest-information-and-advice/learning-activity-and-welbeing-support-resources-for-families/welbeing-support-resources-for-families/advice-from-the-emotional-health-service>  
<https://www.minded.org.uk/>  
Guidance and advice for all adults on children's mental health & emotional wellbeing  
  
More here:  
<https://kingstonandrichmondsafeguardingchildrenpartnership.org.uk/parents-carers/self-harm-186.php>



**5. Support & advice for children & young people**  
Local: <https://kooth.com/> online counselling  
National: Childline: [www.childline.org.uk](http://www.childline.org.uk)  
<http://www.docready.org>  
[www.youngminds.org](http://www.youngminds.org)

#### 4. CAMHS

If someone is aged under 18 and already open to CAMHS they can contact their CAMHS team for support between 9am – 5pm, if they are not open to CAMHS they can contact their local CAMHS Single Point of Access Team themselves: 0208 547 5008

Between 5pm – 10pm Monday – Friday and 9am – 9pm weekends / BHs contact the South London Partnership CAMHS Crisis Line on 0203 228 5980

Between 10pm – 9am Monday – Friday and 9pm – 9am weekends / BHs contact the Mental Health Support Line on 0800 028 8000.

If someone is Deaf, they can call our Mental Health Support Line using sign live.

- On a computer, go to <https://signlive.co.uk/login/> and register using Facebook, Google or email
- On phone, iPad or tablet download Sign Live's app for free and register



Kingston and Richmond  
Safeguarding Children  
Partnership