

UNIVERSAL / LEVEL 2 SUPPORT SERVICES:-

Action for Children www.actionforchildren.org.uk Support and advice about Emotional Wellbeing, Behaviours and Learning, Nutrition and Healthy Eating and sleep routines.

Barnardo's. Support children, young people and their families. Help to get back to school, parenting advice, mental health and counselling, coping with family stress and more.
www.barnardos.org.uk

Barnardo's See, Hear Respond. www.barnardos.org.uk/see-hear-respond A new service funded by Department of Education helping identify and support children, young people and families who are struggling to cope with the impact of coronavirus.

Beat Eating Disorders. <https://www.beateatingdisorders.org.uk/support-services> Beat are there to support people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members.

Be Free, Be Positive Relationships Service. <https://www.barnardos.org.uk/what-we-do/services/befree-positive-relationships-service> Service for 10 - 18 year old females, including transgender individuals living in Kent who are at risk of experiencing unhealthy or abusive relationships. Offer 1-1 sessions that explore self esteem, unhealthy relationships, sexual health and consent (age appropriate), child sexual exploitation and keeping safe.

CAB (Citizens Advice Bureau). www.citizensadvice.org Whole host of information and advice

Carers First. www.careersfirst.org.uk

CHAC – Canterbury Housing Advice Centre www.chac.co.uk . Provides free, confidential independent impartial advice on most housing matters, including: Threat of eviction or repossession, rent or mortgage arrears, housing benefit, tenancy rights, homelessness, housing waiting lists.

Childline www.childline.org.uk Whatever your worry Childline are there

Child Law Advice. www.childlawadvice.org.uk Offering advice both about Family or Child Law or Education Law

CORAM Children's Legal Centre. <https://www.childrenslegalcentre.com/> Part of the Coram group of charities, promotes and protects the rights of children in the UK and internationally in line with the UN Convention on the Rights of the Child. Providing Legal Advice.

Cygnnet Parenting Support Programme. www.barnardos-parenting.org.uk A parenting programme for parents and carers of children and young people aged 5-18 with an autistic spectrum condition.

CXK Inspiring people to thrive. www.cxk.org Providing training courses, development programme and emotional support, advice and guidance to young people to develop the skills and confidence to take their next steps.

Dandelion Time. www.dandeliontime.org.uk Dandelion Time can only accept referrals from professionals such as Early Help, Social Workers, GP, Schools, or other professional agencies. If you are a parent seeking support, please ask a professional who knows your child/children best to contact us regarding a possible referral. Dandelion Time is most suited to children/young people aged 6 – 13 with past experiences of trauma.

Domestic Abuse Services. www.domesticabuseservices.org.uk

Family Matters. Support Services and advice for victims of Rape and Sexual Abuse. www.familymattersuk.org Family Matters Counselling Service has been created to provide skilled help for children and adults who are experiencing difficulty with physical and mental scars due to sexual abuse and rape.

Family Support Information Service www.katfamilysupport.co.uk/ Provides information, advice, support and training to individuals, families/carers and professionals affected by Autism.

Freedom Programme. www.freedomprogramme.co.uk Online and face to face Freedom Programmes for Women, Men, and Children. Helps identify signs of domestic abuse.

The Grand – Free youth counselling for young people aged 11 – 19 – free 6 week counselling <https://giftedyounggeneration.co.uk/about>

GYG – Gifted Young Generation. Is the Grand Healthy Living Centre's youth service and designed to help young people develop skills for their futures, create friendships, and support young people's mental health and wellbeing. Based in Gravesend. Run Youth Clubs, activities in schools, singing workshops, cooking classes and podcasts. One to one counselling services, peer support groups. www.wearegyg.co.uk

Headspace. www.headspace.com Support with being kind to your mind, feeling less stressed, more resilient and happier. Mindfulness App

Help is at Hand. www.supportaftersuicide.org.uk Support after someone may have died by suicide. A guide dedicated to those grieving the death of someone they love.

HERO (Housing, Home Energy and Retraining Options) Advice Service. Information and advice on a range of issues including:- housing problems, saving money on fuel bills, debt, welfare benefits, retraining and further education. www.sevenoaks.gov.uk

Hestia Domestic Abuse Service. Providing services re Modern Slavery, Domestic Abuse, Mental Health and Complex Needs, Bright Sky. www.hestia.org

HIS - Help Information Support for Men. www.hischarity.org.uk Men are often brought up with unrealistic expectations that they have to be strong and in control. When things go wrong in life, as they often do, negative feelings can spiral out of control and they have no way of coping with these new feelings. Support services for men.

Home Education. www.gov.uk/home-education

Home-start. A local community network of trained volunteers helping families with young children through challenging times. www.home-start.org.uk

Hope Support Service. <https://hopesupport.org.uk/> Offering support for young people when a loved one has a serious illness.

IASK – Information, Advice and Support Kent (IASK). www.kent.gov.uk/education-and-children/special-educational-needs/who-to-contact/Information-Advice-and-Support-Kent Supporting families of children and young people 0 – 25 with special educational needs or disabilities, providing advice, advocacy services, providing information, preparing paperwork, provide independent support for the SEN process and annual reviews.

Karma Nirvana www.karmanirvana.org.uk Providing services, support and guidance for Honour Based Violence. Culture, Religion and Tradition are not an excuse: forced marriage is illegal in the UK.

Kent Adult Education www.kentadulteducation.co.uk/course-areas/family-courses/parenting/ Parenting courses designed for parents and carers of children to help tackle everyday family issues and understand your child and children's behaviour.

Kent Autistic Trust www.kentautistictrust.org Support for Autism

Kent Police. <https://www.kent.police.uk/advice/advice-and-information/daa/domestic-abuse/support-helplines/>

KOOTH – www.kooth.com Online mental wellbeing community – Young People

KSAS (Kent Support and Assistance Service) KSAS may be able to help if you are having serious difficulties managing your income due to a crisis or if you are facing exceptional pressures because of an emergency. www.kent.gov.uk/social-care-and-health/care-and-support/benefits/home-essentials-in-a-crisis

Other agencies via **KSAS** website are:-

Food Banks

Salvation Army www.salvationarmy.org.uk

Live Well Kent. <https://livewellkent.org.uk/> A variety of support services available to all.

Mind. www.mind.org.uk/information-support/for-children-and-young-people/ offering support to young people aged 11 – 18 who are going through a difficult time or are struggling with how they are feeling.

MoodSpark. www.moodspark.org.uk Where young people aged 10 – 16 can learn how to look after their emotional and mental health and find ways to bounce back when life gets tough.

National Domestic Abuse Helpline and Support. www.nationalhelpline.org.uk

National Stalking Helpline. <https://www.suzyamlplugh.org/Pages/Category/national-stalking-helpline>

Rethink Mental Illness www.rethink.org Providing mental health services and local peer support groups.

Rising Sun – Domestic Violence and Abuse Service. Services including One Stop Shop, Independent Domestic Violence Advocates, Counselling. www.risingsunkent.com

Samaritans www.samaritans.org If you need someone to talk to.

School Health (Kent). Support for children and young people aged 4 – 19 including those who do not attend school. Offering education support, emotional health and wellbeing. www.kentcht.nhs.uk

Shout www.giveusashout.org Trained Shout volunteers are available to help anyone with depression, anxiety, abuse, panic attacks, suicidal thoughts, self harm, relationship problems and bullying. **Shout 85258** is a free, confidential, 24/7 text messaging support service for anyone struggling to cope.

Solihull Approach Parenting Programmes. www.solihullapproachparenting.com
Online courses for parents of children aged 6 months to 19 years. Numerous other support services.

Triple P – Positive Parenting Program. www.triplep.uk.net

Twinkl Home Learning Hub. www.twinkl.co.uk Each day there is a new set of free daily home learning activities, including crafts, lessons, games, puzzles and more. Advice for All ages including SEND and EAL.

UYUYC – Understanding Yourself, Understanding Your Child. An intensive 9 week programme. For parents open to Early Help, Specialist Children's Services or receiving Additional Support with Children Centres/Youth Hubs. KPP(Kent Parenting Programme - UYUYC) is available across all districts in Kent with details available from Open Access Early Help – details of which can be found here: [Early Help Contacts](#)

Victim Support www.victimsupport.org.uk If you've been a victim or a witness to a crime and need support, trained supporters are available 24/7.

We are Beams. www.wearebeams.org.uk Provide comprehensive support services to families of children and young people with any form of physical, learning or sensory impairment living in the Dartford, Gravesham, Sevenoaks and surrounding areas.

Women's Aid. Domestic Violence Support. www.womensaid.org.uk

Young Minds. www.youngminds.org.uk Offering support around anger issues and young peoples mental health.