



Sir Joseph Williamson's Mathematical School

Principal: Mr E Hodges



From Medway Council:

Emotional Wellbeing and Mental Health Support for Young People:

If a young person or their parents are not sure what support is needed, then they can call the Single Point of Access (SPA) on 0300 300 1981 to talk through what information, advice and support might be appropriate. This is also the number to call if a child or young person needs urgent mental health support.

For people of all ages needing immediate mental health support, just text the word "Medway" to 85258. This is a new 24/7 text service provided by SHOUT and the Crisis Text Line as part of the Kent and Medway Release the Pressure campaign.

Other services that young people can access directly are:

- **Kooth** will be available from 1st June 2020. Kooth is a mental health and wellbeing online platform for young people aged 11 to 25 across Medway. The service is free and can be accessed at www.kooth.com. It's a place to get advice, information and support 24/7. Young people can chat to a friendly qualified counsellor Monday to Friday between 12 noon and 10pm and Saturday and Sunday between 6pm and 10pm.
- **Emerge** helpline for help with processing feelings of anxiety, self-harm or suicidal thoughts on 07983 136 215, which is available 7-11pm on Tuesday, Wednesday and Thursday evenings.
- Accessing the **Big White Wall** if aged 16+ for anonymous support through <https://www.bigwhitewall.com>

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