**External services available to support young people and parents/guardians:**

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| **Agency** | **Contact number** |
| [**Childline**](https://www.childline.org.uk/) **/** [**NSPCC**](https://www.nspcc.org.uk/what-you-can-do/make-a-donation/kids-in-real-life/) **– free confidential advice** | **0800 1111** |
| [**Kooth**](https://www.kooth.com/) **– Online counselling and support** | **0808 808 4994** |
| [**Young Minds**](https://youngminds.org.uk/) **– mental health support for young people** | **0808 802 5544** |
| [**Mind**](https://www.mind.org.uk/donate?gclid=EAIaIQobChMI5Zy789yw6AIVmuFRCh3YgAf_EAAYASAAEgL9CfD_BwE) **– mental health** | **0300 123 3393** |
| [**Food Cycle**](https://www.foodcycle.org.uk/) **– help with groceries/food** | **0207 729 2775** |
| [**Samaritans**](https://www.samaritans.org/chatappeal3/?gclid=EAIaIQobChMIr6zojdyw6AIVC7DtCh09CQTYEAAYASAAEgIlvvD_BwE) **– To talk to someone for personal reason or concerns about others** | **08457 90 90 90** |
| [**BEAT**](https://www.beateatingdisorders.org.uk/) **- Eating disorders** | **0808 801 0677** |
| **Stress line** | **0208 544 90 04** |
| [**LGBT Plus**](https://lgbtplus.org.uk/) **- helpline** | **0300 330 0630** |
| [**FRANK**](https://www.talktofrank.com/) **– Honest advice on Drugs** | **0300 123 6600** |
| [**Contact the Greenwich Community Hub**](https://www.royalgreenwich.gov.uk/communityhub) **– support with:**   * **collecting / delivering prescriptions** * **delivering essential food packages** * **connecting families to local community services to support with other areas such as finances** | **0800 470 4831**  [**covid19support@royalgreenwich.gov.uk**](mailto:covid19support@royalgreenwich.gov.uk) |