



### Kent Children and Young People's Single Point of Access

Concerned about a young person's mental health? Not sure what help is needed? Call the Single Point of Access (SPA)

0300 1234496



For children aged 10-16 in need of mental health support, including online counselling  
[www.kooth.com](http://www.kooth.com)



Get support. Take control. Feel better.

For young people aged 16-18 in need of mental health support, including online counselling

[www.togetherall.co.uk](http://www.togetherall.co.uk)



Need support now? Text **Kent** to **85258** for in-the-moment help. We are here for everyone, any age, 24/7  
[www.releasethepressure.uk](http://www.releasethepressure.uk)



For girls aged 10 to 16 at risk of experiencing unhealthy or abusive relationships, or for their concerned parents  
[www.barnardos.org.uk/what-we-do/services/befree-positive-relationships](http://www.barnardos.org.uk/what-we-do/services/befree-positive-relationships)



### Children and Young People's Counselling Service

For children aged 4-19 struggling with their emotional health  
0300 123 4496  
[www.kentcht.nhs.uk/school-health](http://www.kentcht.nhs.uk/school-health)