

Signposting – support available outside of school

The following organisations are available within Surrey to support children, young people and families.

Appropriate for Years 3-6:



Child Exploitation and Online Protection service. Keeping children safe from sexual abuse and grooming online. CYP can report directly to CEOP if something has happened online which has made them feel unsafe, scared or worried. Report online abuse: [Report to CEOP](#); 4-7 years - [4-7s | CEOP Education](#); 8-10 years: [8-10s | CEOP Education](#); 11-18 years: [11-18s | CEOP Education](#)

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Online and telephone support available for all young people. Advice and support about friendships, physical health, mental health, family, school, relationships, news and what's happening in the world, online safety, identity and much more.

YOUNGMINDS
fighting for young people's mental health

Online mental health support for young people. Guidance and resources for all kinds of feelings and situations. Links to helplines and support groups.



Support and guidance for young carers in Surrey. Drop-ins, young carers forum, transition support (primary to secondary), newsletters, family fun day and opportunities to meet other young carers.

Appropriate for Years 6 and above:



Children's and young people's emotional wellbeing and mental health service. Offers help sheets, videos and other resources for all kinds of emotions and mental health challenges. Links to lots of other services and organisations that can help, both within Surrey and nationally.



Access support from other young people and professionals online, anonymously and at your own pace. Counselling, discussion boards, magazine, tips and advice, chat function and messenger.



Supporting young people through the death of a loved one. Helpline 01342 313895. Resources for support for grief and preparing for loss.



Supporting and raising awareness for mental health, offering counselling from age 14 upwards via self-referral. Suicide bereavement support and face to face drop-in in Horley, first Sunday of every month



UK's leading support for young people, offering an online community, support chat, crisis messenger and counselling service.



National LGBTQIA+ support line. Email, chat and phone lines for anything related to sexuality and gender identity.



Heads Together is a mental health initiative spearheaded by The Royal Foundation of The Prince and Princess of Wales, which combines a campaign to tackle stigma and change the conversation on mental health with fundraising for a series of innovative new mental health services. Articles, videos and blogs.




An alternative and special education provider, delivering full-time and part-time provision in primary, secondary and College settings for young people with barriers to education.



Confidential messenger service providing help and advice, in some Surrey locations. Search function available with direct access to a messaging phone number.

HOPELINE247 0800 068 41 41 Helpline dedicated to helping young people (and anyone concerned about a young person up to the age of 35). Provides advice and support to help them move forward and stay safe from suicide.

SURREY CARE TRUST Local charity working with volunteers to give people the opportunities, skills, and support they need to achieve their potential. Unique mentoring and skills training to help families, vulnerable young people, and low-skilled adults.
Nurturing skills | Changing lives

 **CYP HAVEN** The CYP Haven is a safe space for children and young people aged 10 to 18, where you can talk about worries and mental health in a confidential, friendly and supportive environment. The CYP Haven have locations in Epsom, Redhill , Shepperton and Ash.