

Sutton Young Peoples Emotional Wellbeing Support

Drop in provision:

- Off The Record (OTR), Sutton young people's counselling service, offers a weekly drop in service:
 - Every Tuesday from 3.30-5.30pm (see below for change of times over the Christmas holiday period)
 - If you are aged 11-25, you can drop in at our main office at 172 Croydon Road, Beddington CR0 4PG to speak to a counsellor with no appointment needed
 - For further information please go to: www.talkofftherecord.org/sutton

Support over the holidays:

- Off the Record (OTR) will be running a drop in service for 11-25 year olds from **11am-4pm on Thursday 27th December and Friday 28th December** at OTR offices at 172 Croydon Road, Beddington CR0 4PG, no appointment needed

Telephone/online support:

- Samaritans on 116 123 email jo@samaritans.org
- Childline 0800 1111
- Off the Record Online counselling service for young people aged 11-25 in Sutton. Sign up at <https://talkofftherecordonline.org/>
- 'The Mix' – support for young people under 25 inc. telephone **0808 808 4994**, 1-1 chat & crisis messenger text service <https://www.themix.org.uk/>

For parents and carers: if you are concerned about your child / young person over the holidays, please feel able to contact the Sutton Child and Adolescent Mental Health Service (CAMHS) Single Point of Access (SPA) on **020 3513 3800 (option 1)** and ask to speak to the **duty clinician**, who will be available **9am-5pm** to discuss any concerns.