



Advice, Information & Support Drop-in for Young People 11 to 25

Need support?...just walk through the yellow door and let us know how we can help.

- Work, Training and Education
- Mentoring
- Housing and Homelessness
- Drug and Alcohol
- Benefits
- Counselling
- Sexual Health
- Mentoring
- Food Parcels
- Budgeting

Open 10 a.m to 5 pm Monday to Friday

It doesn't matter what is bothering you, relationship issues, bullying, family problems, debt, poverty..... Our drop-in workers will be there to listen and support you.

Yellow Door Youth Hub, Poplar Road, Canvey, SS8 7BN

Call: 01268 683431/514792

Text: 07436 102825

drop-in@cyp-yellowdoor.org.uk

www.cyp-yellowdoor.org.uk

If you're worried
about how you
feel or about
someone you
know,
**help is
available.**

www.samaritans.org

www.nelft.nhs.uk/services-ewmhs

www.livewellcampaign.co.uk

youngminds.org.uk

www.kooth.com

www.bigwhitewall.com

stem4.org.uk

www.beateatingdisorders.org.uk

www.rethink.org

www.mind.org.uk

www.themix.org.uk

www.youthaccess.org.uk

www.cwmt.org.uk

papyrus-uk.org

You're not alone

Talk to someone you trust. Sharing a problem is often a good first step to feeling better.

Mid and South Essex
Sustainability and Transformation Partnership

Free, safe and anonymous online counselling and support

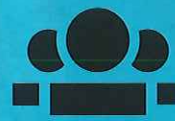
**“I don’t think I could’ve spoken
to someone face-to-face.”**



**Chat to our
friendly counsellors**



**Read articles written
by young people**

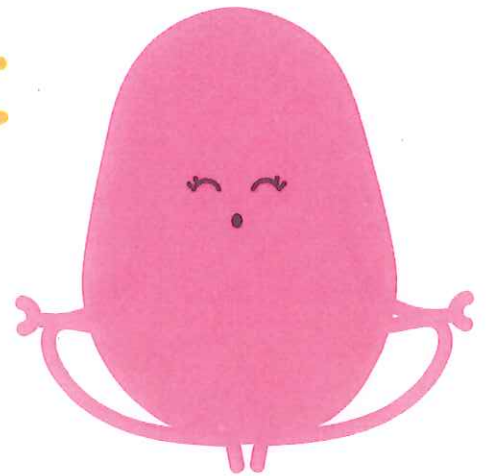


**Join live
moderated forums**

kooth

www.kooth.com

Worried about self-harm?



The urge to self-harm is like a wave

It feels the most powerful when you start wanting to do it

Learn to ride the wave with the free Calm Harm app using these activities: **Comfort**, **Distract**, **Express Yourself**, **Release**, **Random** and **Breathe**

When you ride the wave, the urge will fade



The **stem4** Calm Harm app is available as a free download from App Store and Google Play

www.stem4.org.uk @stem4org #calmharm #ridethewave

Registered Charity No. 1144506

We encourage you to talk to a GP, teacher, family member or friend



stem4
stemming teenage mental illness
supporting teenage mental health

IF YOU'RE 11-19 YEARS OLD
TEXT YOUR SCHOOL NURSE
07520 615732

WE HELP YOUNG PEOPLE
WITH ALL KINDS OF THINGS LIKE...

RELATIONSHIPS
MENTAL HEALTH ALCOHOL HARM
BULLYING SELF HEALTHY EATING
DRUGS SMOKING

Text us for confidential advice & support

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce back to confirm we've received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rates.

NSR



ChildLine

0800 1111



**Don't keep it inside
Talk to us**

www.childline.org.uk

NSPCC



Talk to the NSPCC

For advice and support about a child,
or to report a concern, talk to us.
It's free and you don't have to say who you are.

0808 800 5000

help@nspcc.org.uk **nspcc.org.uk/helpline**

EVERY CHILDHOOD IS WORTH FIGHTING FOR

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