

# Information for young people



## ChildLine (NSPCC)

[www.childline.org.uk](http://www.childline.org.uk)  
Phone - 0800 1111

Childline is yours – a free, private and confidential service where you can talk about anything.

**If you are worried about Coronavirus you can speak to a Childline counsellor online or on the phone from 9am – midnight.**



## Croydon Drop In

[www.croydondropin.org.uk](http://www.croydondropin.org.uk)  
Phone – .020 8680 0404  
[Email - enquiries@croydondropin.org.uk](mailto:enquiries@croydondropin.org.uk)

Currently our staff are all working remotely and we are offering a phone, email and Skype service to all young people and families with whom we are engaged and very much open for support to the community. Face to face services at Croydon Drop In are now temporarily closed.



# Safeguarding Children and Young People



## Off the Record

[www.talkofftherecord.org](http://www.talkofftherecord.org)  
Phone - 020 8251 0251  
Email - [croydon@talkofftherecord.org](mailto:croydon@talkofftherecord.org)

Due to the concerns about Coronavirus our online service is operating as usual. However we have taken the difficult decision to close all OTR buildings for the safety of both our clients and staff. So there will be no face-to-face appointments or Walk-In service at present.



## CAYSH

[www.caysh.org](http://www.caysh.org)  
Phone - 0208 683 0227  
E-mail - [info@caysh.org](mailto:info@caysh.org)

Drop in Zone - Housing and General Advice Service at:  
Phone - 0208 760 5530  
FAX: 0208 688 2447  
E-mail: [diz@caysh.org](mailto:diz@caysh.org)

Information for young people

FREE Apps for Mental Health Wellbeing

[SAM](#)

Available on iOS  
Anxiety management and anxiety tracker.  
Adults and Young People

[My Possible Self](#)

iOS and Android  
My Possible Self mental health app. Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking. Record your experiences and track symptoms to better understand your mental health.  
Adults and Young People

[Breathe2Relax](#)

iOS and Android  
Breathing exercises.  
[Adults and Young People](#)

[Headspace](#)

iOS and Android  
Themed sessions on everything from stress and sleep to focus and anxiety and guided meditations.  
Adults and Young People

[In Hand](#)

iOS and Android  
The app allows you to focus yourself in a moment of stress or low mood.  
Adults and Young People

[ReachOut WorryTime](#)

iOS and Android  
A place to store your worries, and alerts you when it's time to think about them. The app also helps to manage stress levels and develop an effective method to dealing with daily worries. Young people

