THE WHITE HOUSE SURGERY

THE GREEN HOUSE SURGERY

YOUTH SUPPORT

BARKING & DAGENHAM

THESE RESOURCES ARE AVAILABLE FOR YOU TO USE SHOULD YOU NEED ANY SUPPORT

ONLINE RESOURCES

KOOTH

Kooth is an online mental health platform accessible for young people ages 10-18

https://www.kooth.com/

NHS TALKING THERAPIES

Formerly known as IAPT, this service is available for those aged 18 and above

https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/

CHILDLINE

Childline is a free help and advice service for anyone under 19 via phone, email or a counsellor chat

https://www.childline.org.uk/

NELFT SERVICES

NELFT has a variety of resources and support networks for possible concerns for any age group

https://www.nelft.nhs.uk/

YOUTH CLUBS

B.A.D YOUTH FORUM

The forum is a place to grow and express your views with other young people

https://www.lbbd.gov.uk/children-young-people-and-families/youth-services/barking-and-dagenham-youth-forum

FUTURE

This youth zone is a great way to connect with people of similar ages whilst doing something fun

https://www.futureyouthzone.org/

WIPERS

Click here for more youth services in Barking and Dagenham

https://www.wipers.org.uk/barking-and-dagenham

EVERYONE HAS THE RIGHT TO FEEL SAFE AND SEEN

NO ONE LEFT BEHIND