



Helplines *during the COVID-19 Pandemic Period*

For children and young people:

 [Samaritans](#)

Txt: 116 123

 [Childline](#)

Ph: 0800 1111

 [Young Minds](#)

Txt: YM to 85258

 [Papyrus](#)

Ph: 0800 068 41 4107860 039967

E-mail: pat@papyrus-uk.org


 [Kooth](#)

 [Shout](#)

Txt: 85258

For families:

 [Bromley Children Project Helplines](#)

 [Bromley Mencap, including Autism Family Support Service](#)

Ph: 020 8466 0790

E-mail: autismfamilysupport@bromleymencap.org

 [Bromley CAMHS Crisis Line](#)

Ph: 020 8315 4430

 [NSPCC - Keeping children safe](#)

Ph: 0808 800 5000

 [Family Lives](#)

Ph: 0808 800 2222

For education staff:

 [Education Support](#)

Ph: 08000 562 561

Txt: 07909 341229