

## Accessing Emotional and Mental Health Support through Kent County Council.

If families or children are not sure what support is needed, then they can call the Single Point of Access (SPA) on 0300 123 4496 to talk through what information, advice and support might be appropriate. This is also the number to call if a child needs urgent mental health support.

For people of all ages needing immediate mental health support, just text the word “Kent” or “Medway” to 85258. This is a new 24/7 text service provided by SHOUT and the Crisis Text Line as part of the Kent and Medway Release the Pressure campaign.

Other services that young people can access directly are:

- **Kooth** is a mental health and wellbeing online platform for young people aged 10 to 16 across the whole of Kent. The service is free and can be accessed at [www.kooth.com](http://www.kooth.com). It's a place to get advice, information and support 24/7. Young people can chat to a friendly qualified counsellor Monday to Friday between 12 noon and 10pm and Saturday and Sunday between 6pm and 10pm.
- Accessing [www.moodspark.org.uk](http://www.moodspark.org.uk) or [www.kentresiliencehub.org.uk](http://www.kentresiliencehub.org.uk) to learn about mental health and find tips and resources to keep emotionally healthy.
- Texting **ChatHealth** for support around physical and mental health on 07520 618850. The number is monitored Monday to Friday, 9am to 5pm.
- Self-referring to the **Children and Young People's Counselling Service** at [www.kentcht.nhs.uk/forms/school-health-service-referral-form](http://www.kentcht.nhs.uk/forms/school-health-service-referral-form)
- Accessing the **Big White Wall** if aged 16+ for anonymous support through <https://www.bigwhitewall.com>