

Young People's Services

- **Child and Adolescent Mental Health Service (CAMHS)** – for young people up to 18 years experiencing a range of emotional and mental health problems. You can self-refer.

<http://www.whittington.nhs.uk>, then type camhs into search box

Email: afra.bell@islington.gov.uk

Telephone: 020 3316 1824

- **TYS Youth Counselling Service** – (12-21 years). Free if you live, work or study in Islington.

Email: afra.bell@islington.gov.uk

Telephone: 020 7527 5013

Telephone: 07825 098200

- **The Drum, EC1** – (14-21 years). Free counselling provided by The Brandon Centre.

Email: counselling@brandoncentre.org.uk

Telephone: 020 7336 0022

- **Pulse, N1** – (13-21 years). Free counselling and other services.

Telephone: 020 7527 1300

- **Mind Connect** – (12-25 years). Free counselling at Platform, Lift & Rosebowl youth hubs.

<http://www.depaulcharity.org>

Email: ALSMindConnect@depaulcharity.org.uk

Telephone: 020 7278 4224

Telephone: 07977 283660