

Support Services for Young People

Westminster HHCP – Updated July 2025

This document aims to provide staff and service users with information on the health services available for specifically for young people (aged 16-25) in Westminster. This document can be downloaded from www.groundswell.org.uk/westminster-hhcp/health-directories.

If you need information on general services available, please refer to all the available health directories (e.g., Physical health / Mental health / Autism Services/domestic violence/ LGBTQ+).

Service	Details	Contact/referral details
Albert Kennedy Trust (akt)	Albert Kennedy Trust supports LGBTQ+ young people aged 16-25 in the UK who are facing or experiencing homelessness or living in a hostile environment. They support young people into safe homes and employment, education, or training, in a welcoming and open environment that celebrates LGBTQ+ identities.	General enquiries: 020 7831 6562 10am - 4:30pm Mon-Fri. To self-refer visit https://www.tfaforms.com/4680950
Speech therapy	Support is offered to individuals aged 16+ through their educational establishment or from Speech and Language Therapy service.	Contact: 020 8102 4009 Website: https://fisd.westminster.gov.uk/kb5/westminster/fis/advise.page?id=4yPHrEtkk0g
Autism	If you are concerned about a young person and would like them to be assessed for potential autism, this should be requested via their GP. If the young person is under 18 they will be referred to	Referral via GP for anyone under 18. If 18 or over, refer to CLAAS



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	<p>Child Development Services or CAMHS. If they are over 18 years old, they will be referred to Westminster Adult Autism Assessment and Diagnosis Service <u>Central London Adult Autism Service (CLAAS)</u></p> <p>The CLAAS is run by Dr Catherine Cheung (Highly Specialist Clinical Psychologist). We offer the following services for people who are 18+, without a global learning disability, and registered with a Westminster GP:</p> <ol style="list-style-type: none"> 1) A specialist autism diagnostic assessment and post-diagnosis support; 2) Consultation and advice for people with an established or potential diagnosis of autism, their family members, and their professional network, in relation to autism-specific recommendations (e.g. engaging and communicating with people with ASD, managing mental health); 3) Social support workshop for people with an established diagnosis of autism spectrum disorder. 	<p>Website: https://fisd.westminster.gov.uk/kb5/westminster/fis/advice.page?id=hDpiMiYBqKU</p> <p>Dr Catherine Cheung (Highly Specialist Clinical Psychologist): catherinecheung@nhs.net or clch@westminsterautism@nhs.net</p> <p>If you would like to find out more about our service or make a referral, please contact call 020 8102 3889 (This telephone line is shared with the CLCH Learning Disability Health Service). <u>Please mention you are looking for the Adult Autism Service when calling.</u></p> <p>Address: Mezzanine Floor, 215 Lisson Grove, London, NW8 8LW</p>
Domestic abuse	Any girl over the age of 13 is eligible for support via Angelou if they have experienced; sexual violence, abuse, rape, domestic abuse, stalking & harassment, FGM and honour-based violence and faith-based violence.	<p>Website: https://www.angelou.org/our-services</p> <p>For a detailed breakdown of all domestic violence support services download the directory at www.groundswell.org.uk/westminster-hhcop/health-directories</p>



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	Women and Girls Network provides a Young Women's service. This service offers support for young women aged 11-25 who have experienced sexual violence or any other form of gender-based violence. Support includes one-to-one support, group work and counselling.	Advice line: 0808 801 0660 Young women can access the service through a referral form which is sent to our email ywa@wgn.org.uk . They can either self-refer or be referred in by a professional/adult. Website: https://www.wgn.org.uk/young-womens-services/
Dreamart	Inspiring art therapy spaces where 6-25 year olds across Westminster can express themselves on their own terms, explore their challenges and build their strengths so they can realise their potential.	Sign up here . Website https://www.dreamarts.org.uk/
Mental health	Child and Adolescent Mental Health Services (CAMHS) is for children and young people up to 18 years of age. They help with relationship and behavioural difficulties. Treatments include and aren't limited to: <ul style="list-style-type: none"> • Art therapy • Child and adolescent psychotherapy • Cognitive behavioural therapy • Family therapy • Medication 	Referral via GP 7a Woodfield Road London, W9 2NW Telephone: 020 3317 5999 Email: westminstercamhs.cnwl@nhs.net Website: https://www.cnwl.nhs.uk/camhs/our-services/specialist-camhs/westminster-camhs
Mermaids	Support for LGBT young people and children. Support includes a helpline; crisis support and an online community.	Helpline: 0808 801 0400 (Monday-Friday 9am to 9pm). Email: info@mermaidsuk.org.uk Free 24/7 crisis support via text 85258 Website: https://mermaidsuk.org.uk/?gad_source=1&gclid=CjwKCAjwNi0BhA1EiwAWZaANAIrF3CnLxN7iGiUU-



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Gendered Intelligence	<p>Gendered Intelligence work with the trans community and those who impact on trans lives; they specialise in supporting young trans people. Gendered Intelligence deliver trans youth programmes, support for parents and carers, professional development and trans awareness training for all sectors.</p> <p>Regular group sessions in London, Bristol and Leeds for young trans people up to the age of 21, residentials, peer support for parents and carers and special projects.</p>	<p>Contact: 020 7155 1302</p> <p>Website: http://genderedintelligence.co.uk/</p>
Healthy lifestyles	<p>Change4Life Coaching Scheme offers specialist nutrition and physical activity advice as well as motivational support to help children, young people and their families make positive lifestyle changes.</p> <p>After an initial consultation where diet, physical activity, sleep and lifestyle are discussed and height and weight are measured, a six-week plan will be co-developed by the coach with the child or young person and their family that includes personalised goals.</p>	<p>Refer via the coaching enquiry form https://forms.office.com/e/atuMgRCEX3</p> <p>Email: Change4lifeCoaching@family-action.org.uk</p> <p>Phone: 020 8960 0744</p>
Special educational needs and disabilities	<p>Westminster Information, Advice, Support Services provides impartial advice to children and young people aged 0-25 about matters related to special educational needs and disabilities (SEND), for Westminster residents. Support includes:</p> <ul style="list-style-type: none"> Finding opportunities to do what you love and improve skills Getting views heard about the support you need 	<p>Contact: 020 7641 5355 (Monday-Friday 10am-4pm) or iass@westminster.gov.uk</p>



Service	Details	Contact/referral details
	Caxton Youth Organisation Youth charity in Westminster tailored to improving the lives of young people with disabilities. This charity runs a youth club to develop the skills needed and support in growing your abilities, prioritising people in Westminster between the ages of 11-25.	Website: https://caxtonyouth.org/ Phone number: 020 7834 1883 Email: admin@caxtonyouth.org Website: https://caxtonyouth.org/
Smoking cessation	One You (now offered under Reed) provides the stop smoking service to support clients over 12 years of age - with smoking cessation (aged 12 or over), 12 weeks of 1:1 coaching and nicotine replacement therapy. Vapes are now available.	Sign up here: https://www.oneyou-rbkc-westminster.org.uk/#Sign-Up Or call: 0808 175 6385.
Substance use	Insight offers a free and confidential Health and Wellbeing service for young people aged 12-25, who are living with or affected by drug or alcohol issues. Services include: <ul style="list-style-type: none"> • Support around prevention and early intervention • Wellbeing • Smoking cessation They can also help with housing, benefits, education and training.	To find out more information please contact 020 8960 5510 or insight@waythrough.org.uk Website: https://insightyoungpeople.org.uk/our-services/insight-westminster/
Survivors UK	Males aged 13-18 , who has experienced sexual abuse can access their young people's services – including an independent sexual violence advisor / online support/ counselling.	Self-refer at: https://www.survivorsuk.org/contact-us/ Website: https://www.survivorsuk.org/young-people/
Wavelength	Wavelength gives radios, TVs, and tablet computers free of charge, to people who are lonely and cannot afford to buy technology themselves. An application needs to be completed along with an impact questionnaire 1 month after receipt of the device.	Email info@wavelength.org.uk to find out more. Please read the application guidance notes before applying at: https://wavelength.org.uk/wp-content/uploads/2020/03/WaveLength-Application-Guidance-Notes-2019-12.pdf Apply for support at: https://wavelength.org.uk/apply-for-help/



Useful websites:

Advice around employment/ independent living <https://www.ndti.org.uk/resources/preparing-for-adulthood-all-tools-resources>

Medication treatments: <https://youngminds.org.uk/find-help/medications/>

Young minds website: <https://youngminds.org.uk/>

Sexual health: <https://www.healthforteens.co.uk/sexual-health/>

Healthy relationships: <https://www.bbc.co.uk/bitesize/topics/zhvbt39/articles/zfn7vk7>



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