

Support Services for Young People

Westminster HHCP – Updated October 2022

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	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 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/advice.page?id=hDpiMiYBqKU
Autism	If you are concerned about a young person and would like them to be assessed for potential autism, this will should be requested via their GP. If the young person is under 18 they will be referred to Child Development Services or CAMHS. If they are over 18 years old, they will be referred to Westminster Adult Autism Assessment and Diagnosis Service (WAAADS)	Referral via GP for anyone under 18. If 18 or over, refer to WAAADS.



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	<p>The WAAADS 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>If you would like to find out more about our service or make a referral, please contact our service directly on: Email: CLCHT.westminsterautism@nhs.net</p> <p>Address: Mezzanine Floor, 215 Lisson Grove, London, NW8 8LW</p>
Domestic violence	<p>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> <p>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.</p>	<p>Website: https://www.angelou.org/our-services For a detailed breakdown of all domestic violence support services download the directory at www.groundswell.org.uk/westminster-hhcp/health-directories</p> <p>For more information contact Nicole.Walsh@wgn.org.uk or Naomi.Divall@wgn.org.uk Phone: 0808 8011 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.</p>



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		Website: https://www.wgn.org.uk/young-womens-services/our-young-womens-services
Mental health	<p>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.</p> <p>Treatments include and aren't limited to:</p> <ul style="list-style-type: none"> • Art therapy • Child and adolescent psychotherapy • Cognitive behavioural therapy • Family therapy • Medication 	<p>Referral via GP</p> <p>7a Woodfield Road London, W9 2NW</p> <p>Telephone: 020 3317 5999 Email: westminstercamhs.cnwl@nhs.net Website: https://camhs.cnwl.nhs.uk/find-services/clinics/westminster-camhs/</p>
Mermaids	Support for LGBT young people (up to 20 years of age). Support includes a helpline; crisis support and an online community.	<p>Helpline: 0808 801 0400 (Monday-Friday 9am to 9pm). Email: info@mermaidsuk.org.uk Free 24/7 crisis support via text 85258</p>
Gendered Intelligence	<p>Gendered Intelligence work with the trans community and those who impact on trans lives; they specialise in supporting young trans people under the age of 21. 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: 0207 832 5848 Website: http://genderedintelligence.co.uk/</p>
Special educational	Westminster Information, Advice, Support Services provides impartial advice to children and young people aged 0-25 about	Contact: 020 7641 5355 (Monday-Friday 10am-4pm) or iass@westminster.gov.uk



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needs and disabilities	<p>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 support you need <p>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.</p>	<p>Phone number: 020 7834 1883 Email: admin@caxtonyouth.org Website: https://caxtonyouth.org/</p>
Substance use	<p>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.</p> <p>Services include:</p> <ul style="list-style-type: none"> Support around prevention and early intervention Wellbeing Smoking cessation <p>They can also help with housing, benefits, education and training.</p>	<p>To find out more information please contact 020 8960 5510 or insight@blenheimcdp.org.uk</p> <p>Website: https://insightyoungpeople.org.uk/our-services/insight-westminster/</p>
Survivors UK	<p>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.</p>	<p>Self-refer at: https://www.survivorsuk.org/contact-us/ Website: https://www.survivorsuk.org/young-people/</p>
Wavelength	<p>Wavelength gives radios, tvs, and tablet computers free of charge, to people who are lonely and cannot afford to buy technology themselves.</p>	<p>Email infor@wavelength.org.uk to find out more, or call 0800 0182137. Please read the application guidance notes before applying at: https://wavelength.org.uk/wp-</p>



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	An application needs to be completed along with an impact questionnaire 1 month after receipt of the device.	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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