

## **Children and Young People Social, Emotional and Mental Health Services**

The Islington well-being workers are based at lift and can act as a first point of contact for children and young people in need of support and/or crisis intervention.

Lift 0203727 0982/0983

45 White Lion Street, London N1 9PW

[wellbeing@isledon.co.uk](mailto:wellbeing@isledon.co.uk)

Pulse - young people's counselling service it is direct access and waiting time never seems to be more than 6 weeks.

020 7527 1300

164 Holloway Road, London, N7 8DD

The Brandon Centre -provides free of charge counselling and psychotherapy services for Islington 14 to 21-year olds

02072674792

26 Prince of Wales Road, Kentish Town NW5 3 LG

Emma Charlton -

Direct Action Project Manager, offering various workshops and support around wellbeing/mental health support

020 7837 6082 / 07964 191566

The Peel

3 Corners Centre, Northampton Road, London EC1R 0HU

Kooth - the online counselling service commissioned by Islington to provide this service

0203 984 9337