



Support Services for Children, Young People and Families

Children and Families Hub

Information, advice and support for families and young people

Call: 519000 or email childrenandfamilieshub@gov.je

The YES project (Youth Enquiry Service)



Counselling for ages 13-25

Freephone: 0800 7350 010 or visit yes.je



Mental Health Charity

Freephone: 0800 7359 404 or visit mindjersey.org

School-Based Counsellors

Available in most secondary schools

Visit gov.je/cypmentalhealth

Mental Health and Wellbeing Drop-In

Young people and families can speak confidentially to a mental health practitioner or youth worker
Open every Saturday at YES
Visit gov.je/cypmentalhealth



Kooth Jersey



Online counselling and support for ages 10-25

Visit kooth.com and "choose Jersey"

SAMARITANS

Samaritans Jersey

116 123 or email jo@samaritans.org

For a full list of support available scan here:



Out of Hours Mental Health Support

For urgent help call the Emergency Department on 442264 or 999 in an emergency