

Get the advice and support you need from Connexions



CONNEXIONS CAN HELP WITH ANYTHING FROM CAREERS AND EDUCATION TO DRUG MISUSE AND TEENAGE PREGNANCY.

Connexions South London provides information, advice and support for 13-19 year olds and up to 25 year olds with learning difficulties or disabilities.

Through partnership working with many different agencies and organisations, Connexions South London helps young people to make informed decisions that affect their lives and futures.

Connexions South London can help with anything from careers, education, drug & alcohol misuse, health and lifestyle issues, teenage pregnancy issues and much more. Information, advice and support is provided by Personal Advisers who come from all walks of life, bringing with them a wide range of

Connexions PAs can be found in schools, colleges, youth clubs or your local Connexions Centre:

Drop in to:
Swan House, 51 High Street, Kingston

Tel: 020 8410 4105
Connexions also has a helpline which is open from 8 am till 2 am:

Email www.connexions-direct.com
Text 077 664 13 219
Call 080 800 13 219
Visit: www.connexions-southlondon.org.uk

HOW CONNEXIONS HELPED ME CHANGE MY LIFE

There were many reasons for me to go in to the Connexions Centre. I have very mild Tourette Syndrome and ADD. This was not diagnosed until I had left school. I would have done better at school if I had had the support that I needed. I was also bullied throughout school. I'd been depressed as far back as I could remember, and had been self-harming since I was about 14. I needed to sort my life out! I was assigned to a Personal Adviser (PA), Valerie Smith. Speaking to Val helped a lot and the best thing about it is that she has been a constant in my life - I don't think I would have felt so safe and well supported if I had been given lots of different people to talk to.

I went to a talk by the organisation Raleigh International all about their Motiv8 division which was for 'at risk' young people just like

me. Not long after I had joined Motive8 I went on a residential. There was lots of walking, the team camped out for two nights and did a river crossing - all in the middle of October! The idea was to assess whether we were prepared and committed enough to go on a full expedition. I never thought I would complete the outdoor activities but I did with flying colours. I felt really proud of my achievements and was looking forward to the next step.

I have now been accepted on an expedition to Namibia and will soon be starting out on the adventure of my life. I will be involved with several projects including helping the community build something and helping them keep track of endangered animals. I never thought that I would have the opportunity to experience anything on this scale - travelling, learning about other cultures and helping

people in other countries. It has been possible because of the support of a number of different organisations for which I am very grateful.

Whilst all this has been going on, I have worked on developing my own web-site - www.perfectinside.co.uk - an information and support site for young people who are depressed and think about self-harming. Creating this website has been a big part of helping me to work through my issues and helping me to make more sense of everything. Things are beginning to get better for me and I hope that my website and whatever I do with my own experiences can go some way to helping others.

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