

Asking4Help

The ASKK service (Advancing Services for Kingston Kids) are the team of professionals responsible for responding to the Ask4help emails received from Young Livin. ASKK works alongside other professionals to provide information and support packages for young people living in Kingston.

The ASKK team receive a range of emails each week from young people requesting further information or seeking advice on a range of concerns around issues such as sexual health, sexuality, drugs, self harm and more. The ASKK team also work with other professionals in order to make sure we give you the most helpful response to your questions and are able to direct you to relevant local and national services.

The professionals involved are there to answer your questions and provide you with guidance and advice where necessary, but we also thought it would be interesting for you to get some regular feedback on the main questions and issues that young people have recently been Asking4help on. Given that many young people share the same concerns, you are not alone!

Q:My parents are fighting and getting a divorce. I'm harming myself because of this.

A:Please try and talk to someone about this. It may be difficult to talk to your parents but perhaps you could try another trusted adult like a member of your family?

You could also contact Magic Roundabout, a service dedicated to providing confidential advice and counseling. They will talk to you about how you feel and offer you ongoing support. Their details are as follows, it's possible to either write, phone or drop in.

*Magic Roundabout, Siddley House, 50 Canbury Park Road, Kingston KT3 6LX
Tel 020 8974 9252.*

You might also want to have a look at these websites:

www.selfharm.org.uk

www.itsnotyourfault.org

Remember, even though your parents are arguing and are going through a divorce, they still love you and would be upset to know that you're upset, and to see how this is affecting you.

younglivin.org.uk/ask4help