

Mental Health Resources for Young People and their Parents/Guardians

Organisations offering counselling and support:

www.youngminds.org.uk



They offer mental health support and many helpful guides for different issues, for both young people and their parents/guardians, nationally. There is a Parents/ carer helpline open from 9:30am- 4pm Monday to Friday on **0808 802**

5544. Alternatively, you can contact them via web chat from their website:

www.youngminds.org.uk/parents/parents-helpline-and-webchat/ .

www.hampshirecamhs.nhs.uk



Hampshire Child and Adolescent Mental Health Service

Hampshire Child and Adolescent Mental Health service (CAMHS) is the **local NHS specialist service** that aims to support young people aged

5-18 year and their families who are finding it hard to manage their emotional and psychological health. They are a team made up of psychiatrists, nurses, psychologists/ psychotherapists, art, drama and play therapists, family psychotherapists, occupational therapists, support workers, dieticians. There is a wide amount of information available on their website including leaflets on different mental health worries and useful workbooks which you may find helpful to work through. You or your parent/guardian can **self refer** to the CAMHS team by filling out an online form on their website: referralportal.sussexpartnership.nhs.uk/hampshire-camhs

www.hampshireyouthaccess.org.uk



Hampshire Youth access are a partnership delivering **counselling, advice and support** to children and young people aged **5-17** across Hampshire, Portsmouth and Southampton. They offer both one to one and group support for young people, along with

offering advice and information to anyone concerned about a young persons mental well being. You can contact them by calling **02382 147555** or by completing a referral form from their website.

www.nolimitshelp.org.uk



This is a charity offering free and **confidential information, advice and counselling to anyone under 26 in Hampshire**. You can get support at the NO LIMITS advice centre in central Southampton or get support via phone, web chat, email or on zoom.

What is Mental health?

Everyone has mental health, just like physical health. It's about how we feel, think and act. Sometimes this is good, sometimes bad. We all have good and bad days, but if your negative thoughts and feelings are starting to affect your daily life, and stop you from doing things you enjoy, this probably means you need some support with your mental health.

What to do if you are struggling with your mental health?

Firstly, this list of resources tells you about all the organisations that are designed specifically to help you with your mental health. There are many different ways you can get help from them, either by texting, calling, emailing or simply looking at their websites or downloading apps which give excellent advice.

Secondly, **We are here to help**. If you feel you would benefit from speaking with a doctor, please book an appointment with a GP either by calling on **02380 663839** or by coming into the surgery. You can also complete an econsult from our website to access a GP appointment: tottonhealthcentre.webgp.com

You do not need anyones permission to book a GP appointment, whatever your age. Everything will remain **confidential**, as long as we feel you are safe.

They help people with issues such as mental health, relationships, sexual health, substance use, employment, debt, housing etc. You can self refer from their website, or call them on **02380 224224**.



www.kooth.com

Kooth is a free to use, **anonymous** online counselling and emotional wellbeing support service for young people aged **11-25 in Hampshire**. It offers a way to access support for emotional health and wellbeing needs from a team of qualified counsellors. Counsellors are available from 12noon -10pm on weekdays and 6pm-10pm at weekends, every day of the year. Their online services are available hours a day.

Other Local services:

ChatHealth for parents - This is a free texting service with the public health nurses in Hampshire. If your child is **0-5** text **07520 615720**. If your child is **5-19**, text **07507 332417**.

ChatHealth for Young People - If you are aged between **11-19** years, you can **text 07507 332160** to get support from a Hampshire school nurse.

Simon says - They offer support for Hampshire young people up to 18, who have a significant person in their life who has died or is dying. Their support number is **023 8064 7550**. Website: www.simonsays.org.uk/

Hampshire Self Harm Support Hub - Run by solent mind, this service offers advice and peer support for parents and carers of those who self harm. www.solentmind.org.uk/support-for-you/our-services/self-harm-support-hub/

Catch 22 Hampshire - A specialist treatment service offering targeted, specialist and family support for children and young people in Hampshire who are affected by substance misuse. www.catch-22.org.uk/find-services/hampshire-247/

Think Ninja App - This app is designed for 11-17year olds in the Hampshire region struggling with mental health and emotional wellbeing. The app can be downloaded from the app store and aims at helping young people to improve their mood and wellbeing and reduce unhelpful thoughts.

WHAT TO DO IF YOU FEEL YOU NEED URGENT HELP?

If you feel you are unsafe or in danger please call **999** and get to a safe place. If possible, tell an adult you trust or call a professional helpline:

Freephone SAMARITANS 116 123 (24 hours a day, 7 days a week)

Freephone CHILDLINE 0800 1111 (24 hours a day, 7 days a week)

Other services you may find helpful:

Shout text message service - this offers 24/7 crisis support in the UK, if you are experiencing a mental health crisis and need support. Anyone in Hampshire can **text HANTS to 85258** to speak by text with one of shouts trained volunteers. This is **anonymous** and won't show up on your phone bill.

YoungMinds crisis Messenger - You can **text YM to 85258**. This is a free 24/7 service if you feel you are suffering a mental health crisis and need support.

If you don't feel able to take to someone you may like to try accessing help & support from: www.papyrus-uk.org, www.harmless.org.uk, www.lifesigns.org.uk, www.thecalmzone.net, www.stayingSAFE.net.

You may also like the following apps: stay alive, mood tools - depression aid, what's up, calm harm, smiling mind, clear fear.