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Adult Mental Health Services

Acute Mental Health Teams – Southern Health

Providing intensive support for people experiencing an acute or 'crisis' episode during their mental illness. This service is available 24 hours a day, 365 days a year.

Phone: North Hampshire: 01256 817718

(North 'out of hours' crisis line: 01256 376507)

East Hampshire: 02392 344562

West Hampshire: 01962 897726

Southampton: 023 8083 5535 / 023 8083 5552

Website: www.southernhealth.nhs.uk/services/mental-health/mental-health-community-services/acute-mental-health-teams

Alton Counselling Service

Charity organisation providing affordable & professional counselling to the surrounding community. Areas of counselling expertise for adults include: depression, anxiety, work related stress, bereavement & relationship difficulties.

Phone: 01420 89207

Email: admin@altoncounselling.org.uk

Address:

Alton Counselling Service

Quaker Meeting House

Church Street

Alton

Hants

GU34 2DA

Broadhurst

Local charity providing help and support to those with serious mental illness in Rushmoor and the surrounding area.

Phone: 07894 606244

Email: broadhurst@btinternet.com

Website: <http://broadhurstltd.co.uk/>

C.A.L.M. (Campaign Against Living Miserably)

Aimed specifically at men. Their helpline is open between 5pm and midnight every day of the year.

Phone: 0800 585858

Webchat: www.thecalmzone.net/help/webchat/ (17:00 – 00:00)

Website: www.thecalmzone.net

Health Space

Counsellors offering therapy to work through mental health conditions such as depression, anxiety, PTSD, BPD, drug misuse, OCD and eating disorders.

Phone: 01489 874100

Website: <https://healthspace.co.uk/treatments/counselling/>

Address:

The Square
Bishops Waltham
Southampton
Hampshire
SO32 1AF

**HEALTH
_ SPACE**

iTalk

A free service offered to patients aged 16 and over who are registered with a GP in Hampshire. iTalk provides therapy, treatment, services & resources to people suffering from a range of common mental health problems including: stress, anxiety or depression.

Phone: 02380 383920

Email: info@italk.org.uk

Website: <https://www.italk.org.uk/>

Isorropia Foundation IOW

The foundation, based in Newport IOW, provide psycho-educational workshops focused on addiction, anger management, anxiety management, communication, co-dependency, confidence, depression, food and nutrition, forgiveness, guilt and shame, wellbeing, resilience, sleep hygiene and toxic shame.

Phone: 01983 217791

Email: hello@isorropia.uk

Mental Health Crisis Helpline

24-hour support for people in Surrey and North East Hampshire who are experiencing a mental health crisis.

Tel: 0800 915 4644

SMS Text: 07717 989024

Mental Health Forum

A place you can speak openly and anonymously about your mental health experiences.

Website: <https://www.mentalhealthforum.net/>



Mental Health Forum

Mind: Andover

A team of counsellors trained to deal with a variety of issues, including bereavement, relationship issues, problems in the workplace, domestic violence, abuse, money worries and sleep problems.

Phone: 01264 332297

Email: mind@andovermind.org.uk



Mind: Havant and East Hants

A mental health resource for residents of Havant and East Hampshire and works to promote good mental health within the locality.

Phone: 023 9249 8916

Email: info@easthantsmind.org

Website: <https://www.easthantsmind.org/>



Mind: Solent

Providing a wide range of high quality services to support people with mental health problems across the Southern Region.

Phone: 023 8202 7810

Email: info@solentmind.org.uk

Website: <https://www.solentmind.org.uk/>



Rethink: Eastleigh Women's Wellbeing Group

A peer support group for women experiencing mental health issues.

Email: eastleighwomenswellbeing@gmail.com

website: <https://www.rethink.org/help-in-your-area/support-groups/eastleigh-womens-wellbeing-group/>

Email: eastleighwomenswellbeing@gmail.com

website: <https://www.rethink.org/help-in-your-area/support-groups/eastleigh-womens-wellbeing-group/>



The Recovery College

The Recovery College offers courses to help people manage their mental health problems. It takes an educational approach to equip you with the knowledge and skills to get on with your life, despite mental illness. We offer courses designed to increase your knowledge and skills about recovery and self-management of your mental health.

Phone: 02382310262

Email: recovery.college@southernhealth.nhs.uk

Safe Haven

Providing people who are experiencing a mental health crisis with professional out of hours support in Aldershot, Guildford, Woking, Epsom and Redhill.

Phone: 01252 338810

Email: info@catalystsupport.org.uk

Website: <https://www.catalystsupport.org.uk/safe-havens/>

Sane Line

Working with anyone affected by mental illness, including families, friends and carers.

Phone: 0300 304 7000 (16:30 – 22:30 every day)

TextCare: www.sane.org.uk/what_we_do/support/textcare

Support Forum: www.sane.org.uk/what_we_do/support/supportforum

Website: www.sane.org.uk

Sunshine & Showers

A chance to talk to others about your experiences of anxiety and depression and listen to the experience of others. Offering a safe and confidential environment supported by a facilitator and co-facilitator. The groups meet at Odiham Cottage Hospital, Hook, RG29 1NE.



Email: sunshineandshowers@hartvolaction.org.uk

Support Line

A confidential telephone helpline offering emotional support to any individual on any issue.

Phone: 01708 765200

E-mail: info@supportline.org.uk

Website: www.supportline.org.uk

Steps2Wellbeing

A free, confidential NHS service for to people aged 18+ offering a range of different types of treatment for people experiencing problems with low mood/depression, anxiety or stress.

Phone: 02380 272000

Email: sstw@dhuft.nhs.uk

Website: <https://www.steps2wellbeing.co.uk/>

TalkPLUS

A team of therapists, counsellors and psychologists helping with many problems including depression, anxiety, panic, phobias and low self-esteem. Providing support to people with common mental health problems in North East Hampshire and Farnham including timely treatment for perinatal and military veteran referrals.

Phone: 01252 533355

Website: <https://www.talkplus.org.uk/>

TogetherAll

An online support service providing access to those with anxiety, depression, and other common mental health issues.

Website: <https://togetherall.com/en-gb/>



Together UK

Offering a wide variety of support to help people deal with the personal and practical impacts of mental health issues. Providing a range of support from 1:1 to supported accommodation and making sure people understand and are able to express their needs in their dealings with official bodies.

Phone: 020 7780 7300

Email: contact-us@together-uk.org

Website: <https://www.together-uk.org/>

The YOU Trust

A charity supporting vulnerable people across Hampshire and Dorset. Working across a wide range of specialist areas from learning disabilities to mental health and stalking, domestic abuse and sexual violence services.

Phone: 01329 825 930

Email: enquiries@theyoutrust.org.uk

Website <https://theyoutrust.org.uk/>

A list of Counsellors available in Hampshire: www.counselling-directory.org.uk

Autism Services

Autism Hampshire

Providing information, advice and guidance for individuals on the autistic spectrum, their families and professionals pre, post and during assessment and diagnosis.

Phone: 02380 766162

Email: information.advice@autismhampshire.org.uk

Website: <https://www.autismhampshire.org.uk/>

Choice Support

Providing services to people with a wide range of needs including learning disabilities, autism, mental health needs, complex health needs and physical disabilities.

Phone: 0207 261 4100 / 023 9249 9485

Email: enquiries@choicesupport.org.uk

Website: <https://www.choicesupport.org.uk/>

Hampshire Neurological Alliance

An organisation providing information, support, advice & advocacy to people with neurological conditions.

Phone: 07515 823601

Email: contact@hampshireneural.org.uk

National Autistic Society

Local advice and support for families affected by autism with practical and emotional support.

Phone: 0808 800 4104

Email: seregionalteam@nas.org.uk

Website: <http://autism.org.uk>

NAS South Hampshire Branch

Providing support and activities to children, young people and adults with autism, and their families, in the South Hampshire area.

Website: <http://www.shantsnas.org.uk/>

Parent to Parent

P2P is a UK-wide confidential telephone service providing emotional support to parents and carers of children and adults with autism.

Phone: 0808 800 4106

Bereavement Services

The Bereavement Centre

A support service in Hampshire designed to support the individual needs of people suffering from bereavement. The centre offers support groups in Portsmouth and Fareham.

Phone: 07834 449069

Email: info@thebereavementcentre.co.uk

Website: <https://www.bereavementsupportgroups.co.uk/support-groups/>

The Bereavement Counselling Charity

Providing free bereavement counselling by trained counsellors. The Bereavement Counselling Charity service is available to all ages living within the Petersfield, Horndean, Waterlooville, Cosham, Havant, Emsworth and Hayling Island areas.

Phone: 07827 491902

Email: admin@bereavementcharity.org.uk

Website: <https://www.bereavementcharity.org.uk/>

Butterflies Bereavement

A community-based charity based in Hampshire and the Isle of Wight providing high quality bereavement care and support to individuals and families both at the time of need and on an ongoing basis.

Phone:

Hampshire - 02381550066 / 07889009393

Isle of Wight - 01983 619503 / 07889009393

Email: info@butterfliesbereavement.co.uk

Website: www.butterfliesbereavement.co.uk/

Cruse Bereavement Support

Local centre providing bereavement support services

North Hampshire Phone: 0808 808 1677

North Hampshire Website: www.cruse.org.uk/get-help/local-services/south/north-hampshire

Andover Phone: 01264 336006

Andover Email: andover@cruse.org.uk

Basingstoke Phone: 01264 335569

Basingstoke Email: basingstoke@cruse.org.uk

South Hampshire Phone: 023 8077 4900

South Hampshire Email: southhampshire@cruse.org.uk

South Hampshire Website: <https://www.cruse.org.uk/get-help/local-services/south/south-hampshire/contact-us>

Eastleigh Bereavement Service

Offers support & counselling to those affected by bereavement.

Phone: 07707 664702

Email: info@ebs-bereavement.co.uk

Website: <https://www.ebs-bereavement.co.uk/>

Help in Bereavement

A voluntary, supportive and totally confidential visiting service for bereaved people.

Offering a free visiting service covering South East Hampshire.

Phone: 07432 602 613

Website: <http://help-in-bereavement.org.uk/contact>

Help is at Hand – NHS Suicidal Bereavement Support

PDF: <https://www.nhs.uk/Livewell/Suicide/Documents/Help%20is%20at%20Hand.pdf>

Papyrus – Suicidal Bereavement Support

Phone: 0800 0684141

Website: <https://www.papyrus-uk.org/suicide-bereavement-support/>

Simons Says

Offering support for young people up to the age of 18 when a significant person in their life is dying or has died. They offer information and advice, run a telephone support line and host monthly age appropriate support groups.

Phone: 01794 323 934

Website: www.simonsays.org.uk

Sue Ryder

Online bereavement support makes it easy to connect with the right support from your own home. Offering one-to-one professional support, a forum to talk to others in similar situation and expert information resources.

Website: <https://www.sueryder.org/how-we-can-help/online-bereavement-support>



WAY Foundation

Self-help groups across the UK offering information, support and friendship for men and women up to 50 who have lost a partner.

Phone: 0870 011 3450

Email: info@wayfoundation.org.uk

Website: <https://www.widowedandyoung.org.uk/>

Winchester Bereavement Support

Free support to bereaved people, through home visits by trained bereavement visitors.

Phone: 01962 863626

Email: help@winchesterbereavementsupport.org.uk

Website: <http://winchesterbereavementsupport.org.uk/>

Winston's Wish

A bereavement agency for children and young people aged 6-18 who have lost a close one or who are grieving. Offering practical support and guidance to families' children and to young people to live with their grief.

Phone: 08452 030405

Website: www.winstonswish.org.uk

Counselling Services

Basingstoke Counselling Service

Open-ended, professional and affordable counselling services to adults in emotional distress, including anxiety, stress, depression and relationship support.

Phone: 01256 843125

Email: info@basingstokecounselling.org.uk

Website: <http://www.basingstokecounselling.org.uk/>

Children & Adolescent Clinic

Part of Hampshire and Surrey Psychology and registered with the Health & Care Professions Council.

Phone: 02381 661 208

Email: referrals@hspsych.co.uk

Website: <http://www.childrens-counselling.co.uk/>

Compass Counselling

Helping people suffering from anxiety, stress, depression, family relationship problems, and bereavement.

Phone: 01590 674011

Website: <https://www.compasscounselling.co.uk/>

Hart Counselling CIC

Providing professional, affordable counselling to adults and young people ages 11+ in Hook.

Phone: 07743 073556

Email: hartcounsellingcic@gmail.com

Website: <https://www.hartcounsellingcic.org.uk/>

Hart Voluntary Action

A youth counselling service to support young people aged 11-25 who live in Hart, attend a Hart school or are registered with a Hart GP. Referral forms can be completed via the website.

Phone: 01252 815652

Website: <https://www.hartvolaction.org.uk/counselling/youth-counselling/>

Mind: Andover

A team of counsellors trained to deal with a variety of issues, including bereavement, relationship issues, problems in the workplace, domestic violence, abuse, money worries and sleep problems.

Phone: 01264 332297

Email: mind@andovermind.org.uk



Mind: Havant and East Hants

A mental health resource for residents of Havant and East Hampshire and works to promote good mental health within the locality.

Phone: 023 9249 8916

Email: info@easthantsmind.org

Website: <https://www.easthantsmind.org/>



Mind: Solent

Providing a wide range of high quality services to support people with mental health problems across the Southern Region.

Phone: 023 8202 7810

Email: info@solentmind.org.uk

Website: <https://www.solentmind.org.uk/>



Petersfield Counselling Service

Offering short and long-term face-to-face counselling for people aged 18 and over.

Phone: 07436 324533

Email: info@petersfieldcounsellingservice.co.uk

Website: <https://www.petersfieldcounsellingservice.co.uk/>

Step by Step Counselling

A free counselling service based on building a trusting relationship with you. The counsellors are trained to work with many different areas. You'll have up to 6 - 8 sessions with a counsellor who is trained to hear you in confidence.

Phone: 01252 346120

Email: counselling@stepbystep.org.uk

Website: <https://www.stepbystep.org.uk/young-people/mental-health/counselling/>

Young Minds Crisis Messenger

For young people experiencing a mental health crisis.

Text: YM to 85256 (Free 24/7)

Website: www.youngminds.org.uk

YPI Counselling

Free counselling to 11-25 year olds, offering a confidential space to talk to about worries, concerns and difficulties.

Phone: 01256 423 878

Email: office@ypicounselling.co.uk

Online Referral Form: <https://www.ypidatabase.net/portal#>



Child / Baby Loss

BabyLoss

A website service providing online information and support for anyone affected by the death of a baby at any stage of pregnancy, at birth, or due to neonatal death.

Email: support@babyloss.com

Website: www.babyloss.com

Care for the Family

Offering widowed young support, bereaved parent support, supporting bereaved people, bereaved sibling support.

Phone: 029 2081 0800

Email: mail@cff.org.uk

Website: <https://www.careforthefamily.org.uk/>

Child Bereavement UK

Supporting families and educating professionals, both when a child dies and when a child is bereaved.

Phone: 01494 568 900



Cedar Oak

Providing counselling support for unplanned pregnancy, pre-abortion, adoption, post-abortion, miscarriage & baby loss.

Phone: 02392523735

Email: contactus@cedarok.org.uk

Website: <http://www.cedarok.org.uk/>

Child Death Helpline

A helpline for anyone affected by the death of a child of any age, under any circumstances, however long ago. Staffed by trained volunteers, all of whom are bereaved parents.

Free Phone: 0800 282 986 / 0808 800 6019

Email: contact@childdeathhelpline.org

website: <http://childdeathhelpline.org.uk/>



Cruse Bereavement Support

Local centre providing bereavement support services

North Hampshire Phone: 0808 808 1677

North Hampshire Website: www.cruse.org.uk/get-help/local-services/south/north-hampshire

Andover Phone: 01264 336006

Andover Email: andover@cruse.org.uk

Basingstoke Phone: 01264 335569

Basingstoke Email: basingstoke@cruse.org.uk

South Hampshire Phone: 023 8077 4900

South Hampshire Email: southhampshire@cruse.org.uk

South Hampshire Website: <https://www.cruse.org.uk/get-help/local-services/south/south-hampshire/contact-us>

Hope Again (Cruse's Young People's Website)

Designed by young people for young people aged between 12 and 18.

Free Young People's Phone Helpline: 0808 808 1677

Email: hopeagain@cruse.org.uk

Website: <https://www.hopeagain.org.uk/>

Jigsaw4u

Dedicated to supporting children, young people, and their families, who have experienced grief, loss and trauma.

Phone: 020 8687 1384

Website: <https://www.jigsaw4u.org.uk/>



Miscarriage Association

A charity that offers support to people who have lost a baby.

Phone: 01924 200799 (09:00 – 16:00 Monday to Friday)

Email: info@miscarriageassociation.org.uk



The Safe

Support those struggling the bereavement of a child. Their new support group 'Hope for Carers' which meets once a month.

Phone: 01256 460100 / 07973 738861

Email: enquiries@the-safe.org.uk

Website: <https://the-safe.org.uk/>

Sands

Working to reduce the number of babies dying and to improve care and support for anyone affected by the death of a baby.

Phone: 0808 164 3332 (09:30 – 17:30 Monday to Friday)

Email: helpline@sands.org.uk

The Sands Bereavement Support App was created for anyone who has experienced the death of a baby: Search 'Sands Bereavement Support App' in the App Store of Google Play.



The Compassionate Friends

Supporting bereaved parents and their families after a child dies; available for daily support and information.

Phone: 0345 123 2304 (National Helpline)

Phone: 0345 120 3785 (Office) (Monday to Friday, 09:30 to 16:30)

Email: info@tcf.org.uk

Website: <https://www.tcf.org.uk/>

The Lullaby Trust

Expert advice on safer sleep for babies, emotional support for bereaved families and raises awareness of Sudden Infant Death Syndrome (SIDS).

Freephone: 0808 802 6868

Email: support@lullabytrust.org.uk



Winchester Pregnancy Crisis Centre

Supporting those needing help following a still birth, miscarriage or abortion.

Phone: 07742 976064 / 01962 813302

Email: office@winchesterpregnancycrisis.com

Website: <https://www.winchesterpregnancycrisis.com/>

Domestic & Sexual Abuse Services

If you're experiencing domestic abuse, below you'll find a list of organisations who can assist you.

Always dial 999 if you are in immediate danger or in an emergency.

Police

UK Police non-emergency number: 101 (If you need support or advice from the police)

If you're deaf or hard of hearing, Text service: 18001 101

CIS'ters

A survivor led group for women who, as female children/teens, were raped/sexually abused by a member of their immediate/extended family.

Phone: 02380 338080

Email: helpme@cisters.org.uk

Website: cisters.org.uk

Domestic Violence Assistance

Specialises in assistance to obtain emergency injunctions from being further abused.

Phone: 0800 195 8699

Website: <https://www.dvassist.org.uk/>

Frankie Workers Service

The Frankie Worker service offers counselling and therapy to children who have been affected by sexual abuse, sexual exploitation and FGM. The service is available to children aged 0-18 years. The Hampshire Frankie Workers are provided by No Limits and they work closely with Hampshire County Council's children's services.

Website:

Galop

Support lesbian, gay bisexual and trans people experiencing hate crime, domestic abuse or sexual violence.

Phone: 0800 999 5428

Website: <http://www.galop.org.uk/>

Hampshire Domestic Abuse Service

Help and access to support services for

- *Victims and survivors of abuse*
- *Children living with domestic abuse*
- *People who may be abusing or hurting someone*
- *Professionals seeking advice*

Phone: 03300 165112

'Virtual Drop-In Service' for victims of domestic abuse who cannot access a telephone, due to isolating with someone who is hurting them, please contact a worker via Messenger.

www.facebook.com/Southerndas

(Monday to Friday, 9:30 – 11:30, 15:00 – 17:00, 18:00 – 20:00)

Hourglass

Confidential helpline providing information and support to anyone concerned about harm, abuse or exploitation of an older person.

Phone: 0808 808 8141

Website: <https://www.wearehourglass.org/>

Men's Advice Line

Confidential helpline for male victims of domestic abuse.

Phone: 0808 801 0327

Website: <https://mensadviceline.org.uk/>

Mosac

Mosac helps all non-abusing parents and carers whose children have been sexually abused.

Phone: 0800 980 1958

Website: <https://mosac.org.uk/>

National Centre for Domestic Violence

A free, fast emergency injunction service to survivors of domestic abuse and violence.

Phone: 0800 970 2070

Email: office@ncdv.org.uk

Website: <https://www.ncdv.org.uk/>

National LGBT Domestic Abuse Helpline

Emotional and practical support for LGBT+ people.

Phone: 0800 999 5428

Website: <http://www.galop.org.uk/domesticabuse/>

Rape Crisis National Helpline

Phone: 0808 802 9999 (12.00 - 14.30, 19.00 – 21.30)

Website: <https://rapecrisis.org.uk/get-help/want-to-talk>

Women's Aid Domestic Violence Helpline

Free 24-hour national helpline run by Women's Aid and Refuge.

Phone: 0808 2000 247

Website <https://www.womensaid.org.uk/>

Website: <https://www.nationaldahelpline.org.uk/>



Safer North Hampshire

Domestic Abuse Support

Basingstoke & Deane Phone: 01256 845399

Hart Phone: 01252 774476

Rushmoor Phone: 01252 39822

Email: communitysafetyteam@communitysafetynh.org

Website: <https://www.safernh.co.uk/domestic-abuse/>



The Hampton Trust

The Hampton Trust is a charity working to prevent violence, domestic abuse and social isolation. They provide a variety of programmes and services to engage and strengthen individuals, families, organisations and communities.

Telephone: 02380 009898 / 02308 881061

Website: <https://hamptontrust.org.uk/>

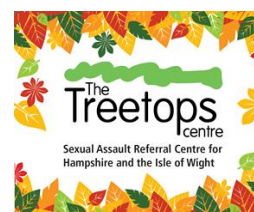
The Treetops Centre

If you have experienced rape or sexual assault contact on:

Phone: 0300 123 6616

Email: snhs.admin.treetops@nhs.net

Website: <https://www.solent.nhs.uk/treetops/>



Victim Support

Free and confidential help to victims of crime, witnesses, their family and friends.

Phone: 0808 1689 111

Website: <https://www.victimsupport.org.uk/>

Yellow Door

For information, advice or support about sexual violence and abuse.

Phone Helpline: 02380 636313 (12:00 – 14:00, Monday - Friday)

PIPPA Helpline: 02380 917917 (09:30 – 16:30, Monday - Friday)

Website: <https://www.yellowdoor.org.uk/>



The YOU Trust

A charity supporting vulnerable people working across a wide range of specialist areas from learning disabilities to mental health and stalking, domestic abuse and sexual violence services.

Phone: 01329 825 930

Email: enquiries@theyoutrust.org.uk

Website: <https://theyoutrust.org.uk/>

Early Intervention in Psychosis

If you are looking for support, please call the NHS 111 or visit the NHS Choices Website for more information.

Early Intervention in Psychosis Services (EIP)

A specialist service for people aged 14-35. The service helps assess, treat and support young people in the early stages of a psychotic illness.

- Mid and North EIP Team (Andover, Winchester, Basingstoke, Hook, Alton)
Phone: 01256 316326
- South EIP Team (Southampton)
Phone: 02380 878040 / 07775 535109
- East EIP Team (Havant, Hayling Island, Waterlooville, Bordon, Petersfield, Fareham, Gosport)
Phone: 02392 683500 / Email: SHFT.East-Area-EIP@nhs.net
- South West EIP Team (Eastleigh Southern Parishes, Romsey, Totton, New Forest)
Phone: 02380 874459 / Email: SHFT.westeipteam@nhs.net

Epic Minds

Information to help you through your experience of psychosis and support your recovery.

Website: <https://epicminds.co.uk/>

Family Counselling

Counselling Directory

Using the Counselling Directory, you can search for private counsellors and therapists within Hampshire who specialise in family counselling.

Website: <https://www.counselling-directory.org.uk/pregnancy-and-childbirth.html#whatisperinatalmentalhealth>

Family Counselling Trust

Counselling services for children, young people and families.

Phone: 07537 029210

Email: flo-hampshire@familycounsellingtrust.org

Website: <https://familycounsellingtrust.org/>



Relate

Family Counselling with Relate

Phone: 02392 827026

Website: <https://www.relate.org.uk/portsmouth/family-counselling>

Gender Identity

Childline

Advice Website: <https://www.childline.org.uk/info-advice/your-feelings/sexual-identity/transgender-identity/>

Gender Identity Research & Education Society

An organisation whose purpose is to improve the lives of trans and gender non-conforming people of all ages, including those who are non-binary and non-gender.

Phone: 01372 801554

Website: <https://www.gires.org.uk/>

Mermaids

Mermaids supports gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care.

Phone: 0808 801 0400

Website: <https://mermaidsuk.org.uk/>



NSPCC

Advice Website: <https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/gender-identity/>

SupportLine

Offering support via phone and online.

Phone: 01708 765200

Email: info@supportline.org.uk

Website: <https://www.supportline.org.uk/problems/gender-identity/>



YoungMinds

Advice Website: <https://youngminds.org.uk/find-help-for-parents/parents-guide-to-support-a-z/parents-guide-to-support-gender-identity-issues/>



Hoarding

Help for Hoarders

Advice Website: <https://www.helpforhoarders.co.uk/>

Hoarding UK

Advice Website: <https://hoardinguk.org/>

Mind

Advice Website: <https://www.mind.org.uk/information-support/types-of-mentalhealth-problems/hoarding>

Multi-Agency Hoarding Guidance

Advice Website: <http://www.hampshiresab.org.uk/wp-content/uploads/4LSAB-Multi-agency-hoarding-Guidance-FINAL-2019-1.pdf>

NHS

Advice Website: <https://www.nhs.uk/conditions/hoarding-disorder>

Radian

Dedicated to tackling hoarding, providing practical support and work with partners to signpost to trusted wellbeing services.

Website: <https://www.radian.co.uk/hoarding-raising-awareness-and-offering-support/>

Red Squirrel

Phone: 07752 618619

Email: bjh.redsquirrel@gmail.com

Website: <https://www.help4hoarding.co.uk/>



Information Services

Hampshire Children's Trust

A partnership of organisations across Hampshire responsible for services for children, young people and their families.

Phone: 0300 5551375

Email: Childrenstrust@hants.gov.uk

Website: <https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/hampshirechildrenstrust>

Hampshire Social Care & Health Hub

An online resource which can assist you in finding the right support for you and your family.

Website: <https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies>

Interactive / Self-Help Websites

GetSelfHelp

A website with evidence base literature and resources on learning coping skills and strategies to manage, self harm, anxiety, sleep, self esteem.

Website: www.getselfhelp.org

Jackbox Games

Online easy-to-play party and trivia games for children and young people.

Website: <https://www.jackboxgames.com>

Kahoot

Engaging online learning and interacting for children and young people.

Website: <https://kahoot.com>

Mood Gym

An interactive website teaching strategies for managing low mood and anxiety.

Website: www.moodgym.com.au

Mood Juice

A website offering information and links to support for a number of difficulties including anxiety, depression, relationship difficulties etc.

Website: www.moodjuice.scot.nhs.uk

Padlet

Online productivity software for logging your notes, ideas and inspiration all in one place.

Website: <https://en-gb.padlet.com/>

Scattergories

Online interactive version of the classic game, Scattergories.

Website: <https://swellgarfo.com/scattergories/>

Youth Anxiety

A website for young people struggling with anxiety, gives details about anxiety and strategies for managing it.

Website: www.youth.anxietybc.com

LGBTQ+

Andover LGBT

This group is for anyone in Andover & surrounding areas who are curious about or identify as LGBTQ+.

Website: <https://www.facebook.com/groups/1009473522463453/>

Bayswater Support

Providing support for the parents of adolescents and young adults who identify as transgender or non-binary.

Phone: 07305 212761

Website: <https://www.bayswatersupport.org.uk/>

Beaumont Society:

National 24hr helpline and other support for transsexuals, their partners and families.

Phone: 01582 412220

Website: www.beaumontsociety.org.uk

Breakout Youth

Offers group-based support to LGBTQ+ young people in Southampton, Eastleigh, Basingstoke and on The Isle of Wight. A support for young people who are understanding their sexuality identity and are aged between 11-21.

Website: <https://www.breakoutyouth.org.uk/>



Chrysalis

A charity supporting transgender and questioning people, their families and close friends. Offering counselling and training, working to raise awareness and working to reduce isolation in the community.

Phone: 01489 589111

Email: info@chrysalis-gii.co.uk

Website: <https://chrysalisgim.org.uk/>



Chrysalis

Depend

Providing support, advice and information for anyone who knows, or is related to, an adult trans person.

Email: info@depend.org.uk

Website: www.depend.org.uk

Galop

Support lesbian, gay bisexual and trans people experiencing hate crime, domestic abuse or sexual violence.

Phone: 0800 999 5428

Website: <http://www.galop.org.uk/>

Gendered Intelligence

Delivering trans youth programmes, support for parents and carers, professional development and trans awareness training for all sectors.

Website: <http://genderedintelligence.co.uk/>

It Gets Better UK

We exist to inspire, empower and uplift LGBTQ+ youth.

Website: <https://www.itgetsbetter.org.uk/>

LGBT Foundation

Delivering advice, support and information services to lesbian, gay, bisexual and trans (LGBT) communities.

Website: <https://lgbt.foundation/>

Mermaids

Mermaids supports gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care.

Phone: 0808 801 0400

Website: <https://mermaidsuk.org.uk/>



Switchboard LGBT+ Helpline

Open 10:00 – 22:00 24/7

Phone: 0300 3300630

Email: chris@switchboard.lgbt

Website: <https://switchboard.lgbt/>



Transgender Therapy

Offers services online via skype, which means that you can speak in the comfort of your own home.

Phone: 05603 844314

Email: info@transgendertherapy.co.uk

Website: <https://transgendertherapy.co.uk/>

Y-Services LGBT+

Y Services LGBT+ project provides a safe, comfortable space where young people who identify as lesbian, gay, bi-sexual, trans and who are questioning their sexuality or gender identity can get to know other young people like themselves.

Dawn Tracy LGBT Youth Worker

Phone: 07503 353636

Email: dawn@yservices.co.uk

Website: <https://yservices.co.uk/lgbt/>

OCD

OCD Action

OCD Action works for a society where OCD is better understood and diagnosed quickly, where appropriate treatment options are open and accessible, where support and information is readily available and where nobody feels ashamed to ask for help.

Phone: 0845 390 6232

Email: support@ocdaction.org.uk

Website: www.ocdaction.org.uk

OCD UK

A charity dedicated to improving the mental health and wellbeing of people whose lives are affected by Obsessive Compulsive Disorder by providing information, advice & support services. Support groups in Eastleigh and Portsmouth are open to all who have (or think they have) OCD or a related disorder, their family, friends or carers.

Phone: 0845 120 3778

Email: support@ocduk.org

Website: <https://www.ocduk.org/>

Parent / Carer / Family Support

Barnardos

The largest and oldest national children's charity in the UK.

Website: <https://www.barnardos.org.uk/>



Cafcass

Children and Family Court Advisory and Support Service representing children in family court cases in England.

Phone: 0300 456 4000

Website: cafcass.gov.uk

Carer's Together

Carer's Together is a carer led charity that offers support for unpaid carers.

Phone: 01794 519495

Carers Active Listening Line: 08000 323 456

(open 365 days a year, Mon - Fri 10.00am - 8.00pm / Weekends 10.00am - 4.00pm)

Email: admin@carerstogether.org.uk

Website: <https://carercentre.com/>

Carer's in Southampton

Providing advice and support to unpaid carers living in Southampton.

Phone: 023 8058 2387

Website: <https://www.carersinsouthampton.co.uk/>



Family Lives

Supporting families with family breakdown, challenging relationships and behaviour, debt, and emotional and mental wellbeing.

Family Lives South East South: 020 3727 3571

Email: katied@familylives.org.uk

Helpline: 0808 800 2222

General Enquires Email: askus@familylives.org.uk.

Henry

Henry is running small online groups through 'See, Hear, Respond' to support parents with children under 5. It is a series of 4 online parent support sessions, each last 90 minutes.

Fill out the online form at: <https://www.henry.org.uk/see-hear-respond>

Phone: 0800 1577015 and ask to be put on a Henry SHR online group

Gingerbread

We provide information to help single parents support themselves and their family.

Phone: 0207 428 5400

Website: <https://www.gingerbread.org.uk/>



Hampshire County Council - Children's Services

Intensive Workers support children and families, who are open to Children's services in North Hampshire.

Phone: 01264 117646

Mobile: 07738 117 646

Hampshire County Council – Intensive Worker Team

Intensive Workers support children and families, who are open to Children's services in South Hampshire.

Phone: 01590 625057

Mobile: 07718 146 974

Hampshire Parent Carer Network

Offers parent carers of children and young people aged 0-25 with an additional need (diagnosed or not) or disability the opportunity to tell the Local Authority, Health and other services, what life is really like.

Phone: 0300 3034330

Email: participation@hpcn.org.uk.

Hampshire Safeguarding Children Partnership

Children, Young People, and Families in Basingstoke

Website: <https://www.hampshirescp.org.uk/>

Basingstoke Phone: 01256 844844

Basingstoke Email: cypfteam@basingstoke.gov.uk



Hampshire Specialist Parenting Support Service

HSPCC delivers evidence-based parenting programmes, both in a group setting and individually in family homes to parents with children aged 5-17.

Phone: 01489 799178

Email: Hampshire.parenting@barnardos.org.uk

Home-Start

Home-Start's volunteers work alongside families to give compassionate and confidential support. We help people to regain the confidence to be the parents they want to be.

Phone: 01983 533357

Email: admin@homestartiw.org

Website: <https://homestartisleofwight.org.uk/>



March Wood Project CIC

A non-profit community organisation that offers education and therapeutic programmes to young people, adults and families to help promote development in the following areas:

- * Social and emotional well-being*
- * Confidence and self-esteem*
- * Positive relationships*
- * Skills and knowledge*
- * Communication and self-awareness*

Phone: 07909031034 / 07874678792

Email: info@marchwoodproject.com

Website: marchwoodproject.com

Mind: Andover

Andover Mind provides a Carers Support service for all parents and carers living in Hampshire.

Springboard Project:

A project run for our local community in Andover and Romsey. We deliver emotional resilience training sessions for children ages 9-11 years old. Also offering a variety of well-being workshops for parents and school staff.

Phone: 01264 332297

Email: enquires@andovermind.org.uk



Parent's Voice IW

A parental voice for those with children living with SEND.

Phone: 07977 068416

Email: parentsvoice@hotmail.co.uk

Website: <http://www.parentsvoice-iw.co.uk/>

The Princess Royal Trust for Carers in Hampshire
Offers information, support, advice and emergency respite services for all carers in Hampshire.



Phone: 01264 835246
Email: info@carercentre.com

Re:Minds

A parent-led group for families of children with autism and/or mental health issues.

Website: www.reminds.org.uk

Facebook Website: <https://www.facebook.com/groups/reminds>

The Safe

Support for struggling parents / carers. They also run a support group 'Hope for Carers' which meets once a month.

Phone: 01256 460100 / 07973 738861

Email: enquiries@the-safe.org.uk

Website: <https://the-safe.org.uk/>

SCARF

Supporting families living with children 0-19 with a range of disabilities and special needs.

Phone: 07874 221249

Website: www.scarfnewforest.org

The Scott Centre – Andover

Youth Options Centre offer care for children between 2 and 13 years of age at our various clubs with additional bases at schools across Andover.

Phone: 01264 332188

Email: scottcentre@youthoptions.co.uk

SENDIASS IOW

Sendiass provides information, advice and support to parents of children with special educational needs (SEN) and disabilities.

Phone: 01983 825548

Email: sendiass@iow.gov.uk

Website: <http://iowsendiass.co.uk/>

Young Minds

The charity publishes a number of guides in connection with varied aspects of children and young people's mental health including direct information for parents and carers.

Website: www.youngminds.org.uk

YOUNGMINDS

Hampshire Family Support Hubs:

District	FSS Hub
Basingstoke & Deane	Honeycomb Children's Centre, Chiltern Primary School, Chiltern Way, Buckskin, Basingstoke, RG22 5BB
East Hants	Bushy Leaze Children's Centre, Eastbrooke Road, Alton, GU34 2DR
Eastleigh	Aviary Children's Centre, Blackbird Road, Eastleigh, SO50 9JW
Fareham	Oakmeadow Children's Centre, Tewkesbury Ave, Fareham PO15 6LL
Gosport	Oak Meadow Children's Centre, Tewkesbury Avenue, Fareham PO15 6LL
Hart	Turners Wood Children's Centre, Turners Way, Elvetham Heath, Fleet, GU51 1GX
Havant	Sharps Copse Children's Centre, Prospect Lane, Havant, PO9 5PE
New Forest	Cadland Children's Centre, Cadland Primary School, Whitefield Road, Holbury, Southampton SO45 2HW
Rushmoor	Park Children's Centre, Park Primary School Campus, Gloucester Road, Aldershot, GU11 3SL
Test Valley	Spring Meadow Children's Centre, Smannell Road, Andover, SP10 6JP
Winchester	Merry-Go-Round Children's Centre, Wickham C of E Primary School, Buddens Road, Wickham, Fareham, PO17 5HU

Pregnancy Support

Cedar Oak

Providing counselling support for pregnancy, unplanned pregnancy, pre-abortion, adoption, post-abortion, miscarriage & baby loss.

Phone: 02392523735

Email: contactus@cedarok.org.uk

Website: <http://www.cedarok.org.uk/>

Counselling Directory

Using the Counselling Directory, you can search for private counsellors and therapists within Hampshire who specialise in pregnancy support.

Website: <https://www.counselling-directory.org.uk/pregnancy-and-childbirth.html#whatisperinatalmentalhealth>

NHS Maternity Services

Labour Line: 0300 123 9001 (24 hour)

Website: <https://www.hampshirehospitals.nhs.uk/our-services/az-departments-and-specialties/maternity-services>

NHS: Tips for new parents

Advice Website: <https://www.nhs.uk/conditions/pregnancy-and-baby/being-a-parent/>

The Safe

Offering support to those struggling with an unexpected pregnancy or with the bereavement of a child.

Phone: 01256 460100 / 07973 738861

Email: enquiries@the-safe.org.uk

Website: <https://the-safe.org.uk/>

Winchester Pregnancy Crisis Centre

Supporting both women and men facing an unplanned pregnancy.

Phone: 07742 976064 / 01962 813302

Email: office@winchesterpregnancycrisis.com

Website: <https://www.winchesterpregnancycrisis.com/>



Safeguarding Concerns

Child / Young Person

If a child is at immediate risk of harm, call the Police on 999.

Barnardos

The largest and oldest national children's charity in the UK.

Website: <https://www.barnardos.org.uk/>



Childline

Listening Support and Tele-Counselling

Phone: 0800 1111

Hampshire County Council

Follow the link for information and services in Hampshire supporting the safeguarding of Children and Young People

Website:

<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/safeguardingchildren>

Hampshire Safeguarding Children Partnership

A statutory body that leads on keeping children safe and ensuring their wellbeing in the local authority (LA) area of Hampshire.

Website: <https://www.hampshirescp.org.uk/>

Children, Young People, and Families in Basingstoke:

Basingstoke Email: cypfteam@basingstoke.gov.uk

Basingstoke Phone: 01256 844844



Isle of Wight Safeguarding Children Partnership

The Safeguarding Children Partnership co-ordinates and ensures the effectiveness of their member agencies in safeguarding children.

Phone: 01983 814545

Email: scp@iow.gov.uk

Website: <https://www.iowscp.org.uk/>

Multi-Agency Safeguarding Hub (MASH)

MASH provides triage and multi-agency assessment of safeguarding concerns. If you are worried about a child, or are concerned about an on-going issue involved a child, please contact the Multi-Agency Safeguarding Hub directly.

Phone: 0845 6710271 / 02392 688793

Website: <https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/safeguardingchildren/childprotection/mash>

NSPCC

The UK's leading children's charity providing support for adults concerned about a child.

Phone: 0808 800 5000

Website: <https://www.nspcc.org.uk/>

Portsmouth Safeguarding Children Partnership

Email: PSCP@portsmouthcc.gov.uk

Website: <https://www.portsmouthscp.org.uk/>

Adult

If an adult is at immediate risk of harm, call the Police on 999.

Hampshire Adult Services

Phone: 0300 555 1386 / 0300 555 1373

Police: 101 (or in an emergency 999)

Hampshire Safeguarding Adults Board

Website: <https://www.hampshiresab.org.uk/>



Multi-Agency Safeguarding Hub (MASH)

MASH provides triage and multi-agency assessment of safeguarding concerns. If you are worried about a vulnerable adult, or are concerned about an on-going issue, please contact the Multi-Agency Safeguarding Hub directly.

Phone: 0845 6710271 / 02392 688793

Website: <https://www.hants.gov.uk/socialcareandhealth/adultsocialcare/safeguarding/mash-adults>

Portsmouth Safeguarding Adults Board (PSAB)

Information on safeguarding vulnerable adults from abuse, and the work of Portsmouth Safeguarding Adults Board.

Email: psab@portsmouthcc.gov.uk

Website: <https://www.portsmouthsab.uk/>

Self-Harm / Suicidal Thoughts Support

I'm in a crisis - who can I contact?

If you or someone you know is at risk of suicide or harming themselves or others, these are the things you can do.

You can:

- Go to your nearest Accident and Emergency department (A&E)

A mental health professional should assess you and offer you the right help. You can search for your local department through the NHS choices website

- Call 999.

Staff might get in touch with mental health services such as the crisis team, or an ambulance might take you to A&E.

If you or the person you know is at risk of suicide or harming myself or others but are unlikely to act right now, you can contact:

- Your local NHS crisis team.
The crisis team support people who are in a mental health crisis and need urgent help. You might need a medical or social care professional to refer you to the team. But you can ask the team about this if you aren't sure. Sometimes you can refer yourself. You can find details of your local crisis team by putting the following into an internet search engine, "[Name of county, city, town or London borough] crisis team." Or you can ask your GP surgery or call NHS 111.
- Your NHS mental health team (if you are with one)
You might be with an NHS mental health team like the Community Mental Health Team (CMHT). If you are you can get in touch with your point of contact there. This might be someone like your care coordinator, support worker or CPN. If you have a copy of your care plan it should say who you can contact if you are in crisis.
- Your GP
GP's usually keep some appointments free for urgent cases. Your GP can refer you to talking therapies, prescribe you medication or refer you to specialist services, such as a community mental health team (CMHT).
- NHS 111.
The line is for when you need medical help fast but it's not a 999 emergency. You can call 111 if you don't know who to call or you don't have a GP to call. Or if you need health information or reassurance about what to do next.
- Shout Text Service
You can text Shout to 85258 to connect to a trained person to help you. Visit giveusashout.org for more information.
- An alternative emotional support line (See our list below)

Mental Health Apps

The following Apps are filled with helpful support and advice if you are struggling with harmful thoughts.

- **Blue Ice**

Helps young people manage their emotions and reduce urges to self-harm.

- **Calm Harm**

Calm Harm provides tasks to help you resist or manage the urge to self-harm.

- **Chill Panda**

Breathing techniques to help you relax more, worry less and feel better.

- **distrACT**

Quick and discreet access to information and advice about self-harm and suicidal thoughts.

- **Headspace**

Headspace is meditation made simple, teaching you life-changing mindfulness skills in just a few minutes a day.

- **In Hand**

The app allows you to focus yourself in a moment of stress or low mood.

- **My Possible Self**

Learn how to manage fear, anxiety and stress and tackle unhelpful thinking.

- **Stay Alive**

A suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.

- **ThinkNinja**

Empowering children and young people to build resilience, manage their emotional health and to fulfil their potential.

Alumina

Alumina is a free, online 6-week course for young people struggling with self-harm.

Email: helloalumina@youthscape.co.uk

Website: <https://www.selfharm.co.uk/alumina>

Butterflies Support – Suicide Prevention

If you don't feel able to speak to someone close to you, speak to us.

Phone: 07889009393

Website: <https://www.butterfliesbereavement.co.uk/suicide-prevention>

Safe4Me

Self-Harm Resources Sheet: <https://www.safe4me.co.uk/wp-content/uploads/2020/04/Managing-Self-Harm-Resource-Sheet-Final.pdf>

Mind: Andover

A team of counsellors trained to deal with a variety of issues, including bereavement, relationship issues, problems in the workplace, domestic violence, abuse, money worries and sleep problems.

Phone: 01264 332297

Email: mind@andovermind.org.uk



Mind: Havant and East Hants

A mental health resource for residents of Havant and East Hampshire and works to promote good mental health within the locality.

Phone: 023 9249 8916

Email: info@easthantsmind.org

Website: <https://www.easthantsmind.org/>



Mind: Solent

Providing a wide range of high quality services to support people with mental health problems across the Southern Region.

Phone: 023 8202 7810

Email: info@solentmind.org.uk

Website: <https://www.solentmind.org.uk/>



Side by Side (Mind's Online Community)

Side by Side is an online community where you can listen, share and be heard.

Website: <https://sidebyside.mind.org.uk/>

National Self Harm Network

Website: <http://www.nshn.co.uk/>

NSPCC

Advice and Information: <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/self-harm/>

SelfHarm UK

Dedicated to self-harm recovery, insight and support.

Website: <https://www.selfharm.co.uk/>



Self-Injury Support

UK-wide multi-channel support service for women & girls affected by self-injury, trauma and abuse.

Support available Tuesday, Wednesday and Thursday from 19:00 – 21:00

Phone: 0808 800 8088

Text: 07537 432444

Email: tessmail@selfinjurysupport.org.uk

Website: www.selfinjurysupport.org.uk



Papyrus UK

Work with people under 35 who are having suicidal feelings, and with people who are worried about someone under 35.

Helpline: 0800 068 41 41 (Weekdays 10:00 – 22:00 Weekends 14:00 – 22:00)

Email: pat@papyrus-uk.org

Text: 07786 209697

Website: www.papyrus-uk.org



Rethink

Advice on how to cope with Suicidal Thoughts:

<https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-symptoms/suicidal-thoughts-how-to-cope/>



Samaritans

Can be contacted by telephone, letter, e-mail and mini-com. There's also a face-to-face service, available at their local branches. They are open 24 hours a day, every day of the year.

Phone: 116 123

Email: jo@samaritans.org

Website: www.samaritans.org

SupportLine

Offering support via phone and online.

Phone: 01708 765200

Email: info@supportline.org.uk

Website: <https://www.supportline.org.uk/problems/gender-identity/>



TogetherAll

We're an online support service providing access to millions with anxiety, depression, and other common mental health issues.

Website: <https://togetherall.com/en-gb/>



YoungMinds

Parents Helpline: 0808 802 5544 Mon-Fri 9.30am-4pm

Self-Harm Advice: <https://youngminds.org.uk/find-help/feelings-and-symptoms/self-harm/>

Parents Helpful Guidelines: <https://youngminds.org.uk/media/3691/self-harm-updated-dec-2019.pdf>

YoungMinds Crisis Messenger: This service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258.



Substance Misuse

Al-Anon

Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not.

Visit the website to find local groups around Hampshire.

Website: www.al-anonuk.org.uk/find-a-meeting/?county=hampshire

Alcoholics Anonymous

Information, advice and support for anyone affected by alcohol problems.

Visit their website to find local support groups in Hampshire.

Website: www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/hampshire

Catch-22

24/7 Substance Misuse Support for young people in Hampshire.

With offices in Fareham and Basingstoke, Catch-22 is a countywide service offering specialist substance misuse treatment for young people under 18-years-old.

Phone: 0845 459 9405

Email: 247Hants@catch-22.org.uk

Website: www.catch-22.org.uk/services/hampshire-247-substance-misuse-support/

Talk to Frank

An organisation that offers information and/or advice about drugs.

The confidential helpline is available 24/7.

Phone: 0300 123 6600

Website: <https://www.talktofrank.com/>



Inclusion Recovery Hampshire

Provide adult alcohol and drug treatment services across Hampshire.

Phone: 01785 221662

Email: info@inclusion.org

Website: <https://www.inclusion.org/our-services/drug-alcohol-services/>

24/7 Carers Helpline: 023 8039 9764

It's Your Choice

Confidential and free information, support, advice and guidance to young people aged between 12- and 25-years old living in the New Forest area.

Phone: 0800 515819

Website: <https://www.iyc.org.uk/>

Parent Support Link

Service that offers information about illegal substances and their effects as well as providing a listening ear to people who find themselves affected by another person's drink or drug use. Parent Support Link offer various support groups throughout Hampshire for those affected by someone else's drink or drug use.

Phone: 023 8039 9764

Email: p.s.l@btconnect.com

Website: <https://www.pslcharity.org.uk/>

The Prince's Trust

The Prince's Trust works with people with low self-esteem, aggression, drugs, alcohol or involvement in crime. A combination of long-term personal support with practical learning experiences enable young people (aged 13-25) to develop personal, social and life skills.

Phone: 0800 842 842

Website: www.princes-trust.org.uk

Rebound - Portsmouth

Rebound are a confidential, empathetic support group, offering group support as well as one-to-one counselling to those living with drink and drug-related problem and associated mental health issues.

Phone: 07939 580167

Website: <https://www.reboundgroup.org/>

Safer Portsmouth Partnership

The SPP brings together local organisations to reduce crime, anti-social behaviour, substance misuse and re-offending in Portsmouth.

Website: <https://www.saferportsmouth.org.uk/>

SupportLine

Offering support via phone and online.

Phone: 01708 765200

Email: info@supportline.org.uk



Useful Apps

The following Apps are filled with helpful support and advice.

- **Be Mindful**

An online course to help reduce stress and anxiety using mindfulness-based cognitive therapy. (£30)

- **Beat Panic**

Overcome panic attacks and anxiety wherever you happen to be. (£0.99)

- **Blue Ice**

Helps young people manage their emotions and reduce urges to self-harm.

- **Calm Harm**

Calm Harm provides tasks to help you resist or manage the urge to self-harm.

- **Catch It**

Learn to manage negative thoughts and look at problems differently.

- **Chill Panda**

Breathing techniques to help you relax more, worry less and feel better.

- **Cove**

Create music to reflect emotions like joy, sadness and anger to help express how you feel.

- **distrACT**

Quick and discreet access to information and advice about self-harm and suicidal thoughts.

- **eQuoo: Emotional Fitness Game**

Use adventure games designed by psychologists to help you increase your emotional fitness.

- **Feeling Good: Positive Mindset**

Use audio tracks to help relax your body and mind and build your confidence.

- **Headspace**

Headspace is meditation made simple, teaching you life-changing mindfulness skills in just a few minutes a day.

- **ieso**

Connect confidentially and securely with mental health therapists using instant messaging.

- **In Hand**

The app allows you to focus yourself in a moment of stress or low mood.

- **MeeTwo**

A safe and secure forum for teenagers wanting to discuss any issue affective their lives.

- **My Possible Self**

Learn how to manage fear, anxiety and stress and tackle unhelpful thinking.

- **SilverCloud**

An eight-week course to help you manage stress, anxiety and depression at your own pace.

- **Sleepio**

An online sleep improvement programme, clinically proven to help you fall asleep faster.

- **Sleepstation**

Connect with a team of sleep experts to help you fall asleep or stay asleep through the night.

- **Stay Alive**

A suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.

- **Stress & Anxiety Companion**

Breathing exercises, relaxing music and games to help calm your mind and change negative thoughts.

- **Student Health App**

Reduce your worries, feel more confident and get the health information you need as a student.

- **ThinkNinja**

Empowering children and young people to build resilience, manage their emotional health and to fulfil their potential.

- **Thrive**

Use games to track your mood and teach yourself methods to take control of stress and anxiety.

- **Togetherall**

Round-the-clock support from therapists to help you cope with stress and anxiety.

- **WorryTree**

Notice, record and manage your worries using cognitive behavioural therapy techniques.

Young Carers

Andover Young Carers

We are part of the Hampshire Young Carers Alliance (HYCA) and we work together to ensure the needs of young carers in Hampshire are recognised and met.

Phone: 01264 333788

Email: info@andoveryoungcarers.co.uk

Website: <https://www.andoveryoungcarers.co.uk/>

Basingstoke and District Young Carers

Supporting young carers aged 8 to 18 who live within the Basingstoke & Deane District. Our support reaches to the families and siblings of the young carers.

Phone: 07964 069 390 / 07473 974 224

Email: office@bdyc.org.uk

Website: <https://www.basingstokeyoungcarers.org.uk/>

Community First New Forest

We support children and young people aged 7 to 18 with caring responsibility for a family member.

Phone: 01425 482773

Email: admin@cfnf.org.uk

Website: <https://www.cfnf.org.uk/young-carers-project/>

Eastleigh Young Carers Project

Offering flexible support for any young person 8 -18 years old within the Eastleigh Borough whose life is significantly affected by caring for a family member who has an illness, disability, mental health or substance misuse problem.

Email: Eastleighyc@1community.org.uk

Phone: 023 8090 2465

Website: <http://1community.org.uk/support-at-home/young-carers/>

Hampshire Young Carers Alliance

HYCA has projects all around Hampshire and aims to share and deliver good working practice in line with Every Child Matters and support young people with significant caring responsibilities and strengthen relationships with other agencies by means of a single county-wide voice.

Phone: 02380 902465

Website: <https://hyca.org.uk/>

Hart and Rushmoor Young Carers Project:

We provide clubs for young carers aged 8-17 who live in Hart or Rushmoor or who attend a

school in Hart or Rushmoor. Young people benefit from being with others who are experiencing the same issues as them, from having time out from their caring responsibilities and from receiving support from qualified youth workers.

Phone: 01252 815652

Email youngcarers@hartvolaction.org.uk

Honeypot Charity

Honeypot works to enhance the lives of children and young carers aged 5-12 years by providing respite breaks and on-going outreach support.

Phone: 023 8089 0002

Website: <https://www.honeypot.org.uk>

Kids

We provide support to young carers in Fareham and Gosport between the ages of 8 to 18, whose lives are restricted in some way because they are supporting a person who is ill, has a disability, mental illness or is misusing a substance.

Phone: 01329 312312

Email: young.carers@kids.org.uk

Website: <https://www.kids.org.uk/>

The King's Arms

A charity that has been set up to meet the needs of the young people of Petersfield and Alton and their surrounding villages.

Phone: 07769 695480 (Alton) / 01730 231292 (Petersfield)

Email: info@thekingsarms.org.uk

Website: <https://www.thekingsarms.org.uk/>

Off-The-Record

We support young people from the ages of 8-25 with a caring responsibility for a family member in the Havant and surrounding areas.

Phone: 07709 552130

Website: <https://www.otr-south.org.uk/young-carers-programme>

Romsey Young Carers

We aim to offer tailored opportunities for Young Carers' and their Families to grow socially, emotionally and physically.

Phone: 01794 515908

Email: Admin@RomseyYoungCarers.org.uk

Website: <https://www.romseyyoungcarers.org.uk/>

Winchester and District Young Carers

We support children and young people aged 8-17yrs who care for a family member with a long-term illness or disability.

Phone: 01962 808339

Website: <https://winchesteryoungcarers.org.uk>

Young Parents

A framework for supporting teenage mothers and young fathers:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/796582/PHE_Young_Parents_Support_Framework_April2019.pdf

Family Lives

Support and advice for young parents.

Website: <https://www.familylives.org.uk/advice/your-family/parenting/where-can-young-parents-go-for-support/>



Family Lives South East South

Phone: 020 3727 3571

Email: katied@familylives.org.uk

Helpline: 0808 800 2222

General enquires email: askus@familylives.org.uk.

Gingerbread

We provide information to help single parents support themselves and their family.

Phone: 0207 428 5400

Website: <https://www.gingerbread.org.uk/>



YPI

Offering youth mentoring for Young Parents and Care Leavers, aimed at 17-25 year olds who live in the Basingstoke area and are either a parent or care leaver.

Phone: 01256 423878

Email: office@ypicounselling.co.uk

Website: www.ypicounselling.co.uk



Youth Support Services

Barnardos

The largest and oldest national children's charity in the UK.

Website: <https://www.barnardos.org.uk/>



The Base Youth Centre

The Base provides support and social interaction to the local community in Hook, with a wide range of activities on offer.

Phone: 01256 761897

Email: manager@thebaseyouthcentre.co.uk

Energy Youth Centre

For 11-18 year olds to relax, socialise and enjoy the centre's programme

Phone: 023 8064 2943

Text: 07943 210 092



Fledge

Nurturing vulnerable and homeless young people by providing a home environment, offering long-term support and encouraging healthy relationships.

Phone: 023 8178 4657

Email: info@fledge.org.uk

Website: <http://www.fledge.org.uk/>

Hampshire Counselling Service

Offering a private and confidential range of services for clients and their families.

Phone: 07855 150245

Email: enquiries@hampshirecounsellingservice.co.uk

Website: <http://www.hampshirecounsellingservice.co.uk/>

Hampshire Youth Access

HYA is a partnership agency providing information, advice, counselling and support to children and young people across Hampshire with a wide range of issues such as low mood, anxiety, self-harm, low self-esteem, bullying and bereavement.

Phone: 02382 147755

Email: enquiries@hampshireyouthaccess.org.uk

Website: www.hampshireyouthaccess.org.uk

The Handy Trust

Our small team of Youth Workers engage with young people where they feel most comfortable, including 1:1 sessions, youth clubs, out in the community, in school, at home or via social media.

Phone: 07584 572019

Email: sofia.richardson@thehandytrust.org.uk

Website: <https://www.thehandytrust.co.uk/>

Hart Voluntary Action

A youth counselling service to support young people aged 11-25 who live in Hart, attend a Hart school or are registered with a Hart GP. Referral forms can be completed via the website.

Phone: 01252 815652

Website: <https://www.hartvolaction.org.uk/counselling/youth-counselling/>

March Wood Project CIC

A non-profit community organisation that offers education and therapeutic programmes to young people, adults and families to help promote development in the following areas:

- * *Social and emotional well-being*
- * *Confidence and self-esteem*
- * *Positive relationships*
- * *Skills and knowledge*
- * *Communication and self-awareness*

Phone: 07909031034 / 07874678792

Email: info@marchwoodproject.com

Website: marchwoodproject.com

Mind: Andover

Talking things through in a confidential and safe space with a qualified counsellor can help. We offer a no-cost service to young people aged between 11 and 23, living in the Andover and Winchester areas.

Phone: 01264 332297

Email: mind@andovermind.org.uk



Mind: Havant and East Hants

We provide immediate access to help, support and advice for children and young people aged 11-17 who need support with their mental health.

Phone: 023 9249 8916

Email: info@easthantsmind.org

Website: <https://www.easthantsmind.org/>



CYP crisis line freephone: 0300 3031590 (Monday – Thursday 15:00 – 20:30)

CYP crisis email: cypcrisisline@easthantsmind.org

CYP crisis website: <https://www.easthantsmind.org/cyp-crisis-line/>

Mind: Solent

Providing a wide range of high quality services to support people with mental health problems across the Southern Region.

Phone: 023 8202 7810

Email: info@solentmind.org.uk

Website: <https://www.solentmind.org.uk/>



The Mix

Aimed at people under 25. Their helpline is open between 16:00 and 23:00 7 days a week.

They also run a crisis text service which is open 24 hours a day, 7 days a week.

Phone: 0808 808 4994

Crisis text message service: Text THEMIX to 85258

Webchat through the website (16:00 – 23:00, 7 days a week)

Website: www.themix.org.uk

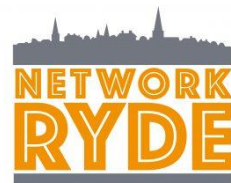
Network Ryde

Network Ryde offers a safe space for young people to chill out, with access to PCs, iPads, Xbox and a Wii, plus boardgames, art materials, free toast and hot chocolate.

Phone: 01983 300128

Email: admin@networkryde.org

Website: <https://www.rydetowncouncil.org.uk/network-ryde/>



Off-The-Record

Providing support in managing emotional wellbeing issues such as anxiety and family & relationships, anger, low self-esteem and low mood.

Phone: 023 9247 4724

Email: enquiries@otr-south.org.uk

Website: <https://www.otr-south.org.uk/>

121 Youth Counselling

Offering 3 – 6 Counselling sessions to support young people in Hart District who have been affected by Covid-19.

Phone: 01252 815652 and choose the option for Youth Counselling to complete the form over the phone.

The Prince's Trust

The Prince's Trust works with people with low self-esteem, aggression, drugs, alcohol or involvement in crime. A combination of long-term personal support with practical learning experiences enable young people (aged 13-25) to develop personal, social and life skills.

Phone: 0800 842 842

Website: www.princes-trust.org.uk

Relate – Child & Young Person Counselling

Counselling is available and sessions with our Young Persons counsellors who are based at Relate in Southsea and Gosport.

Phone: 02392 827026

Website: <https://www.relate.org.uk/hampshire-and-isle-wight/children-and-young-peoples-counselling>

The Scott Centre – Andover

Youth Options Centre offer care for children between 2 and 13 years of age at our various clubs with additional bases at schools across Andover.

Phone: 01264 332188

Email: scottcentre@youthoptions.co.uk

Solent Youth Action

A youth provision charity supporting vulnerable young people aged 10 - 25.

Phone: 02380 650514 / 075 9502 4955

Email: info@solentyouthaction.org.uk

Website: <https://www.solentyouthaction.org.uk/>

The Source

A charity supporting young people between 11-25 who are struggling in school, struggling with family relationships, living on their own or in trouble with the law.

Phone: 01252 333330

Step by Step

Supporting local young people who are going through hard times.

Phone 01252 346100

Email: info@stepbystep.org.uk

Website: <https://www.stepbystep.org.uk/>

Steps Youth Group Andover (16+)

We provide a youth club for young people with special needs. Activities include art, games, film night and refreshments 6.30-8.30pm

Contact Name: Paula Philp

Phone: 01264 323314

E-mail: p.philp@alabare.co.uk

TalkPLUS

A team of therapists, counsellors and psychologists helping with many problems including depression, anxiety, panic, phobias and low self-esteem. Providing support to people with common mental health problems in North East Hampshire and Farnham including timely treatment for perinatal and military veteran referrals.

Phone: 01252 533355

Website: <https://www.talkplus.org.uk/>

Two Saints

Our community support team offer advice and support to anyone aged 18 and over with homelessness, eviction notices, housing options, benefits, budgeting and managing a tenancy.

Phone: 02380 626182

Email: PeirsEastleigh@twosaints.org.uk

Vision4Youth

A charity providing Youth Clubs, Services, training and employment in Yateley and the surrounding areas.

Email: office@vision4youth.org.uk

Website: www.vision4youth.org.uk

Winchester Street Reach

Supporting young people in need through weekly outreach sessions, youth club nights, drop-in projects and trips. Delivering weekly outreach sessions in identified communities throughout Winchester.

Phone: 01962 828621

Email: winch.youth@gmail.com

Website: <https://www.winchesterstreetreach.org/>

Winchester Youth Counselling

Providing a free confidential counselling service for young people up to the age of 25. Using professionally trained staff in an open atmosphere of trust and honesty, Winchester Youth Counselling offer short-term or longer-term counselling, advice, support and help to parents, carers, relatives and professionals.

Phone: 01962 820444

Email: 14-25counselling@btconnect.com

Website: <https://winchesteryouthcounselling.org/>

Yellow Brick Road Projects

Our mission is to engage and educate young people by supporting them to learn life skills that reduce the impact of poverty, risk of experiencing homelessness and loneliness.

Phone: 01264360589

Mobile: 07538 236614

Email: admin@ybrp.org.uk

Website: <https://yellowbrickroadprojects.com/>

YMCA Fairthorne

Running various projects supporting young people in Southampton and Winchester.

Phone: 01489 785228

Email: info@ymca-fg.org

Website: <https://ymca-fg.org/>

YPI Counselling

Providing Mental Health and emotional support to young people aged 11 to 25 years old and parents of all ages through a range of interventions including 1:1 counselling sessions, group work and psycho-educational activities.

Phone: 01256 423878

Email: office@ypicounselling.co.uk

Website: <http://www.ypicounselling.co.uk/>

Young Minds Crisis Messenger

For young people experiencing a mental health crisis.

Text: YM to 85256 (Free 24/7)

Website: www.youngminds.org.uk