

List of organisations for Mental Health Support

Web based counselling

Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

<https://www.kooth.com/>

Free, safe and anonymous online support for young people

Monday–Friday 12pm – 10pm

Saturday–Sunday 6pm – 10pm

Text based mental health support

Chat Health

To use text: 07507 332 160

ChatHealth is a confidential text messaging service that enables children and young people (aged 11-19) to contact their local public health nursing (school nursing) team. The service is available Monday to Friday, 8.30 am to 4.30 pm (except bank holidays). During opening times they aim to respond to all messages within 24 hours. Texts can be about physical or mental health problems.

<https://www.nhs.uk/apps-library/chathealth/>

Give Us a Shout

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

<https://www.giveusashout.org>

To access text the word Shout to 85258.

Face to face counselling

Hampshire Youth Access

Hampshire Youth Access (HYA) is a partnership of 11 leading agencies providing counselling, information, advice, and support to children and young people aged 5 to 17 across Hampshire.

They also give advice and information to anyone concerned about a child or young person's emotional wellbeing.

They provide free CBT or play therapy to children and young people depending on their needs. <https://hampshireyouthaccess.org.uk/>

Most districts of Hampshire offer free counselling to young people. This service is directed at young people who do not meet the fresh hold for CAMHS intervention.

Andover

The Andover Foyer offers free Counselling services to young people 11-19 years

Experienced, friendly counsellors are available at various times during the week. Please call 01264 323314 for an immediate assessment appointment.

Romsey

Youth in Romsey offer a variety of support services for young people, including counselling.

You can browse the services on offer on their website here: <https://www.yir.org.uk/our-services>

New Forest

It's Your Choice offers short term individual, face-to-face counselling for young people for young people aged 11-17 years.

<https://www.iyc.org.uk/need-help/counselling/>

Eastleigh

TADIC - free confidential counselling by a trained counsellor.

<http://teenagedrop-inhedgeend.co.uk/counselling>

Winchester

Winchester Youth Counselling provide a safe therapeutic space for young people aged 11-25 who live in the district of Winchester.

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

Fareham and Gosport

The Moving On Project is a charity working in Fareham and Gosport, to provide help for young people aged 11-25, to improve their lives. We offer confidential, discrete support,

<http://www.the-mop.org/>

Havant

Off the Record offer free one to one sessions at their Leigh Park office, Monday to Friday afternoons and evenings.

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

Basingstoke

YPI offer counselling to support a wide range of issues affecting young people, parents and the whole family unit, with the aim of helping families reach their full potential. Young people or parents can access our services individually or alternatively as a family via our Family Counselling service.

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

Aldershot

Step by Step offer free counselling for young adults aged 11 to 25

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

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

Hart

Hart Voluntary Action offer counselling primarily to anyone 11-25 years old who live in Hart, goes to a local school, or is registered with a Hart GP surgery. They offer free counselling sessions in Fleet, Hook, Odiham and Yateley.

<https://www.hartvolaction.org.uk/services-for-residents/youth-counselling/>

Specialist therapy for children and young people who have been abused

Yellow Door offer free support for young people who have been subjected to abuse at any time in their lives. They provide supportive, non-judgmental services to those living across Southampton & western Hampshire who have experienced abuse at any point in their lives. They have specialist therapeutic services for children and young people who have been impacted by abuse or any unwanted sexual encounters. They also offer family therapy which helps people in close relationships overcome communication difficulties when one or more members of a family have experienced abuse.

<https://www.yellowdoor.org.uk/cyp-therapeutic-services>

Low cost counselling services for young people

Relate – Children and Young people counselling

problems, whether it's depression and mental health concerns or issues with parents or people at school.

They have centres in Basingstoke, Winchester, Eastleigh, Romsey, Salisbury and Newbury.

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

Each Relate centre sets their own charges and there are concessions available for people on a low income.

Support for bereaved children

Simon Says support Hampshire children and young people up to the age of 18 years who have a significant person in their life who has died or is dying. They host monthly age appropriate support groups in a venues around Hampshire and also support and give advice and training to teachers, and other professionals working with bereaved children and young people.

<https://www.simonsays.org.uk/support-and-help/support-groups/venues/>

Cruse Bereavement

Andover & District offer One-to-One, Child and Young Persons (CYP) and Telephone Support

To contact e-mail: andover@cruse.org.uk or call 01264 336006

Basingstoke (including Fleet and Farnborough) offer One-to-One, Child and Young Persons (CYP) and Group Support.

To contact e-mail basingstoke@cruse.org.uk or call 01264 335569

Cruse National Helpline 0808 808 1677.

The helpline is open Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings, when they are open until 8pm.

School based mental health support

Springboard

Springboard is funded by Hampshire County Council and focuses on promoting the well-being and emotional resilience of children aged nine to eleven in the local community. Their aim is to help children in years 4 and 5 with their emotional resilience and ability to cope whilst also educating parents and school staff to better understand and support the mental well-being of this age group. We do this via free group sessions for children, parent well-being workshops and training for school staff.

<https://www.andovermind.org.uk/springboard/>

Support groups for parents of children with mental health difficulties.

Future in Mind sessions run at multiple locations in Hampshire and provide an opportunity to share strategies, meet other local parents and keep up to date with the CAMHS service. Current locations are: Winchester and Test Valley, Basingstoke, Aldershot, Eastleigh, Fareham and Gosport.

<http://www.hpcn.org.uk/information/>

Hope for Carers is a self-help group offering mutual support and encouragement to parents and carers who look after young people with mental health issues such as self-harming, eating disorders, autism, personality disorders, etc.

<https://the-safe.org.uk/on-going-services/#hope-for-carers>

What can you do while you wait for CAMHS?

<https://youngminds.org.uk/blog/where-to-look-for-support-while-youre-on-the-camhs-waiting-list/>

Resources at <https://hampshirecamhs.nhs.uk/help/young-people/>

Help for suicide prevention

The Red Lipstick Foundation have qualified counsellors on hand, who have been carefully selected by them.

have attempted to take their life, whilst they await referrals.

They ask that families make a small donation for counselling, however they will pay the remainder of the cost.

For more information contact theredlipstickfoundation@gmail.com

<http://www.theredlipstickfoundation.org/counselling.html>

Useful websites

www.rcpsych.ac.uk/info

www.nice.org.uk/advice

www.youngminds.org.uk

www.alliancepsychology.com

www.england.nhs.uk/mental-health/cyp/iapt/

www.mentalhealth.org.uk

www.adhdfoundation.org.uk

www.challengingbehaviour.org.uk

www.b-eat.co.uk

www.boingboing.org.uk

www.fivewaystowellbeing.org

www.anxietyuk.org.uk

www.time-to-change.org.uk/talking-about-mental-health

Mental Health Self-help Websites

www.getselfhelp.co.uk

www.moodjuice.scot.nhs.uk/anxiety.asp

www.actionforchildren.org.uk

www.papyrus-uk.org

www.selfharm.co.uk

Education

Books

The Huge Bag of Worries Paperback – 6 Jan 2011 by Virginia Ironside

Think good, feel good – by Paul Stallard

The Young Mind – An essential guide for parents, teachers and young adults' published by

Apps for smart phones

Headspace

SAM

Mind Shift

Mood Kit

