

**NO
LiMiTs**

**Helping Young People
Help Themselves**

**Safe Haven
Directory for
Parents/Carers
of Young
People**

April 2021

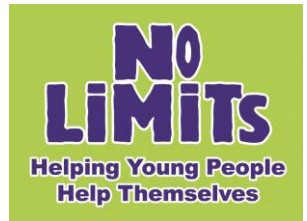
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Young Person's Safe Haven

For young people aged 10-17 living in Farnham and
North East Hampshire



Introduction

Welcome to No Limits Safe Haven directory for parents/carers of Young People!

This directory will include a list of services and support which are available to you as a parent/carer, and the young person you are supporting at home.

This parent directory was correct at the time of printing (April 2021).

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>

- **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

- **Southampton Autism Support Service**

Support, guidance and advocacy for families with children/young people (4-18). We assist families with children/young people with a suspected/diagnosis of autism.

Phone: 07306 411022 / 07824 995295

Email: southamptonautismservice@gmail.com

Facebook: [Southampton Autism Support Service - SASS | Facebook](#)

Bereavement Services

- **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: 02381 550066 / 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

- **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: www.sueryder.org/how-we-can-help/online-bereavement-support.

- **Support after Suicide Partnership**

The Support After Suicide Partnership brings together suicide bereavement organisations and people with lived experience, to achieve a vision that everyone bereaved or affected by suicide is offered timely and appropriate support.

Visit: www.supportaftersuicide.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

- **Alabare Counselling Services for Young People**

The Andover Foyer offers free Counselling services under contract to Hampshire Council, to young people 11-17 years

Experienced, friendly counsellors are available at various times during the week.

Please call 01264 350340 for an immediate assessment appointment. email: youngpeople@alabare.co.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: 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: 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: www.hartvolaction.org.uk/counselling/youth-counselling/

- **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.

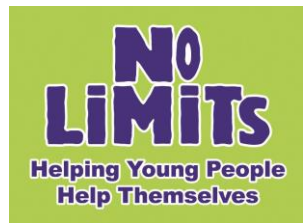
Phone: 023 9249 8916

Email: info@easthantsmind.org

Website: www.easthantsmind.org/

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- **Step by Step Counselling - Aldershot**

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: 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#>

Gender Identity

- **Childline**

Call: 0800 1111

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

- **Gender Identity Research & Education Society**

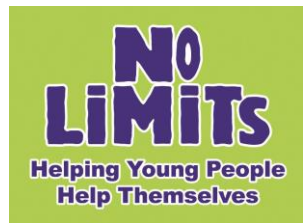
An organisation whose purpose is to improve the lives of trans and gender non-conforming people of all ages, including those who are non-binary and non-gender.

Phone: 01372 801554

Website: www.gires.org.uk/

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- **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: www.mermaidsuk.org.uk/

- **NSPCC**

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

- **SupportLine**

Confidential emotional support for children, young adults and adults by telephone, email and post.

Phone: 01708 765200

Email: info@supportline.org.uk

Website: 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/>

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:

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

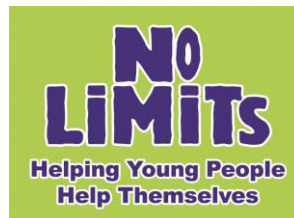
- **Jackbox Games**
Online easy-to-play party and trivia games for children and young people.
Website: <https://www.jackboxgames.com>
- **Kahoot**
Engaging online learning and interacting for children and young people.
Website: <https://kahoot.com>
- **Mood Gym**
An interactive website teaching strategies for managing low mood and anxiety.
Website: www.moodgym.com.au/
- **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: www.swellgarfo.com/scattergories/

Lesbian, Gay, Bisexual, Transgender, Queer or Questioning (LGBTQ+)

- **Bayswater Support**
Providing support for the parents of adolescents and young adults who identify as transgender or non-binary.
Phone: 07305 212761
Website: 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

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- **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: www.chrysalisgim.org.uk/

- **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: 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: www.genderedintelligence.co.uk/

- **It Gets Better UK**

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

Website: www.itgetsbetter.org.uk/

- **LGBT Foundation**

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

Website: www.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: www.mermaidsuk.org.uk/

- **Switchboard LGBT+ Helpline**

Open 10:00 – 22:00 24/7

Phone: 0300 3300630

Email: chris@switchboard.lgbt

Website: www.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: www.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.

Phone: 07503 353636

Email: dawn@yservices.co.uk

Website: www.yservices.co.uk/lgbt/

Obsessive Compulsive Disorder (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: www.ocduk.org/

Parent/Carer/Family Support

- **Barnardos**

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

Website: 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: www.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@carerstogogether.org.uk

Website: www.carercentre.com/

- **Gingerbread**

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

Phone: 0207 428 5400

Website: 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**

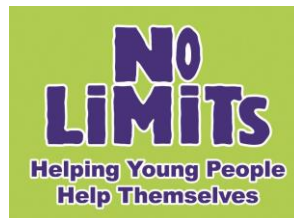
Offers parent carers of children and young people aged 0-25 with an additional need (diagnosed or not) or disability the opportunity to tell the Local Authority, Health and other services, what life is really like.

Phone: 0300 3034330

Email: participation@hpcn.org.uk.

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- **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
- **March Wood Project CIC**
A non-profit community organisation that offers education and therapeutic programmes to young people, adults and .
Phone: 07909031034 / 07874678792
Email: info@marchwoodproject.com
Website: marchwoodproject.com
- **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: 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: www.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
- **East Hampshire Family Support Hub**
Bushy Leaze Children's Centre, Eastbrooke Road, Alton, GU34 2DR

Safeguarding Concerns

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: 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: 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: www.hampshirescp.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:

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: www.nspcc.org.uk/

Self-harm/ Suicidal Thoughts

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 yourself 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.

Mental Health Apps and self-help websites

The following Apps and websites 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.

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- **Alumina**

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

Email: helloalumina@youthscape.co.uk

Website: 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: www.butterfliesbereavement.co.uk/suicide-prevention

- **Safe4Me**

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

- **Side by Side (Mind's Online Community)**

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

Website: www.sidebyside.mind.org.uk/

- **National Self Harm Network**

Website: www.nshn.co.uk/

- **NSPCC**

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

- **SelfHarm UK**

Dedicated to self-harm recovery, insight and support.

Website: 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)

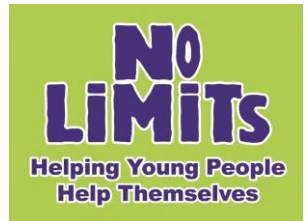
Email: pat@papyrus-uk.org

Text: 07786 209697

Website: www.papyrus-uk.org

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- **Rethink**

Advice on how to cope with Suicidal thoughts.

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: www.supportline.org.uk/problems/gender-identity/

- **TogetherAll**

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

Website: www.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.

Sexual Abuse Services

- **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: www.cisters.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.

Info: [Frankie Workers - Hampshire Police and Crime Commissioner \(hampshire-pcc.gov.uk\)](http://Frankie Workers - Hampshire Police and Crime Commissioner (hampshire-pcc.gov.uk))

Email: Frankie@hants.gov.uk for all enquiries

- **Galop**

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

Phone: 0800 999 5428

Website: www.galop.org.uk/

- **Hourglass**

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

Phone: 0808 808 8141

Website: www.wearehourglass.org/

- **Men's Advice Line**

Confidential helpline for male victims of domestic abuse.

Phone: 0808 801 0327

Website: www.mensadvice.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/>

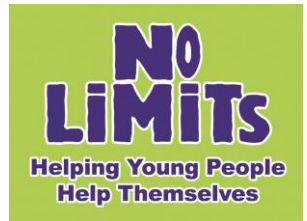
- **Rape Crisis National Helpline**

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

Website: www.rapecrisis.org.uk/get-help/want-to-talk

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- **The Treetops Centre**

If you have experienced rape or sexual assault contact on:

Phone: 0300 123 6616

Email: snhs.admin.treetops@nhs.net

Website: 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: 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: 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/>

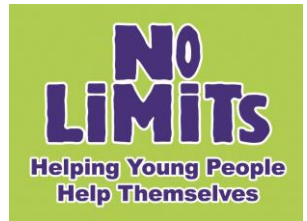
Useful Apps

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.

Young Person's Safe Haven

For young people aged 10-17 living in Farnham and
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- **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/>

- **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:**

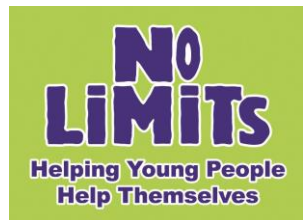
We provide clubs for young carers aged 8-17 who live in Hart or Rushmoor or who attend a school in Hart or Rushmoor. Young people benefit from being with others who are experiencing the same issues as them, from having time out from their caring responsibilities and from receiving support from qualified youth workers.

Phone: 01252 815652

Email youngcarers@hartvolaction.org.uk

Young Person's Safe Haven

For young people aged 10-17 living in Farnham and
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- **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>

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**

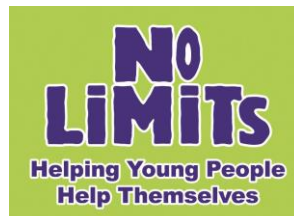
Talking things through in a confidential and safe space with a qualified counsellor can help. We offer a no-cost service to young people aged between 11 and 23, living in the Andover and Winchester areas.

Phone: 01264 332297

Email: mind@andovermind.org.uk

Young Person's Safe Haven

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North East Hampshire



- **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/>

- **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

- **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

- **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

Young Person's Safe Haven

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- **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

- **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

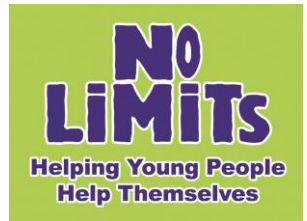
Mobile: 07538 236614

Email: admin@ybrp.org.uk

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

Young Person's Safe Haven

For young people aged 10-17 living in Farnham and
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- **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

- **Youth Trust**

Offering a range of support for children, young people and their families including professional 1:1 counselling.

Phone: 01983 529569

Email: info@iowyouthtrust.co.uk

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