

# Emotional wellbeing and mental health support for children and young people

## If you need support for a young person now, here's what to do:

If they're in immediate danger: call 999

If they have an urgent need, call our crisis line on 0800 915 4644. It's open 24/7. You can also call NHS 111 and select the mental health option.



## If your concern is not urgent, but you want to find the right support for a young person's emotional wellbeing:

### Online support

If a child or young person needs support with life's ups and downs outside of their regular support system, try Kooth which offers a free, safe, anonymous online support for young people ([kooth.com](http://kooth.com)) or Chat Health which offers confidential text support with a qualified nurse ([chathealth.nhs.uk](http://chathealth.nhs.uk)).

### Self help tools & resources

A number of our teams and local community partners accept self-referrals. Youth Counselling Service (12-24yr olds), call 0345 600 2516 or email [rx.youthcounselling@nhs.net](mailto:rx.youthcounselling@nhs.net). TalkPlus (16+yr olds) [www.talkplus.org.uk](http://www.talkplus.org.uk) and Headroom (11-25yr olds) [www.headroomcharity.co.uk](http://www.headroomcharity.co.uk) both offer therapy, courses and they have a self-help section on their websites. Our CYPS Early Help team are happy to offer further suggestions. Call 01252 335600 or email [earlyhelpneh@sabp.nhs.uk](mailto:earlyhelpneh@sabp.nhs.uk).

### Workshops and groups

The Children and Young People's Service (CYPS) Northeast Hampshire and our local community partners offer workshops and groups for children, young people and families. Please call our CYPS Early Help team for further information on: 01252 335600 or email [earlyhelpneh@sabp.nhs.uk](mailto:earlyhelpneh@sabp.nhs.uk).

### CYP Safe Haven

A welcoming space for 10-17yr olds to talk about worries and mental health in confidence. More info at: [www.nolimitshelp.org.uk/mental-health-and-wellbeing/safe-haven-nehf/](http://www.nolimitshelp.org.uk/mental-health-and-wellbeing/safe-haven-nehf/) or search 'No Limits Safe Haven'

### Support in schools

Children and young people should be encouraged to talk to the Mental Health Lead in their school, who can discuss with school-based staff whether a referral is appropriate, what service is best placed to meet their needs or what other services might better support them. If a child is not in a Northeast Hampshire state school or is not able to access support via school, then a professional working with them can make a request for support via <https://mindworksrequestforsupport.sabp.nhs.uk/>. GPs request support via DXS.

### Specialist support

We provide specialist mental health support for: Eating disorders, children in care, adoptees, and those under Special Guardianship Orders affected by trauma and attachment difficulties, and Learning disabilities. GPs request support via DXS. Any other professional refers via <https://mindworksrequestforsupport.sabp.nhs.uk/>.

### Neurodevelopmental support

There are various teams providing advice for families navigating traits or needs which may be associated with neurodivergence, including details on workshops, support groups, and the diagnosis pathway. Hampshire Parent & Carer Network: [www.hpcn.org.uk](http://www.hpcn.org.uk), ADHD, Autism & Special Needs Information Network: [www.braain.co.uk](http://www.braain.co.uk), Autism Hampshire: [www.autismhampshire.org.uk](http://www.autismhampshire.org.uk).