



TELEPHONE NUMBERS

CAMHS Falcon House: 03001236632
(Monday to Friday 9-5) Mobile: 07748 933609

Saneline (Specialist mental health line)
0300 304 7000 (6pm-11pm every evening)

Samaritans helpline 116 123 (24/7)

HOPELine UK Call 0800 068 41 41
or Text 07786 209 697 (Weekdays 10am -10pm
Weekends 2pm - 10pm Bank Holidays: 2pm-
5pm)

Childline 0800 1111 (24/7)

TEXT LINES

Young Minds Crisis: Text "YM" to 85258
(24/7 FREE)

Shout text service: for support in a crisis text
85258

School Nurse ChatHealth Text 07507 332160
(Hampshire only)

School Nurse PULSE Text 07491 163 276
(Portsmouth only)

<https://what0-18.nhs.uk/solent/solent-pulse>

NHS URGENT MENTAL HEALTH HELPLINE:

111

Call 111, any day, any time where you will be able to talk to a specialist Child and Adolescent Mental Health practitioner.

FOR HAMPSHIRE AND IOW – EXCLUDING PORTSMOUTH

There is a Hampshire wide crisis line:
<https://www.easthantsmind.org/cyp-crisis-line/>

There is a safe haven in Havant for children and young people who live in Havant:
<https://www.easthantsmind.org/children-and-young-people-safe-haven/>

THE MENTAL HEALTH SUPPORT TEAM

WHERE CAN I FIND SUPPORT?

INFORMATION AND ADVICE

HELPFUL WEBSITES

SELF HELP AND INFORMATION WEBSITES:

For general information on anxiety, low mood, stress and sleep you can visit:

<https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>

<http://www.getselfhelp.co.uk/website.htm> This website is bursting with tips and tools on a number of areas that may be concerning you, including anger, stress, problem solving, self-esteem and many more!

Online Chat/Websites

www.getselfhelp.co.uk

www.themix.org.uk

www.mind.org.uk

<https://www.childline.org.uk/somethings-not-right>

<https://what0-18.nhs.uk/>

INTERESTING APPS

"Mindshift" contains information and more on anxiety

"Moodometer" Helps you track you mood in different situations

"Stay alive" This App is packed full of useful information to help you to stay safe.

"Headspace" A guided meditation and Mindfulness App

"Calm Harm" This app is designed to help people resist or manage the urge to self-harm

"Think Ninja" is designed to educate 10-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well.

HELPFUL WEBSITES

SELF HELP AND INFORMATION WEBSITES:

For information and advice around a range of areas including anxiety, depression and anger you can visit: www.moodjuice.scot.nhs.uk/

For anxiety - www.stressandxietyinteenagers.com

For specific information around anxiety this website is great with lots of information and tools for you and your parents - <http://www.anxietybc.com>

For those experiencing suicidal thoughts and/ or feelings this website contains not only helpful contacts but also advice and coping strategies - <http://papyrus.org.uk/>

For specific information and advice about OCD we recommend the following website - www.ocduk.org/