





SIGNPOSTING RESOURCES





Organisation	Location	Age Range	Summary
Hampshire Specialist Parenting Support Service (HSPSS) 	Hampshire	5-17	Hampshire Specialist Parenting Support Service (HSPSS) delivers evidence-based parenting programmes, including Autism and ADHD programmes to parents with children aged 5-17 years. More information can be found on their website: www.barnardos.org.uk/what-we-do/services/hampshire-specialist-parenting-support-service
Hampshire Youth Access (HYA) 	Hampshire	5-17	Hampshire Youth Access provides a number of counselling options across Hampshire and also offers information, advice and support. There is more detail available on their website, including how to refer, at: www.hampshireyouthaccess.org.uk/
Kooth 	UK	10-25	Kooth is an online 1:1 support, anonymous service offering support and counselling, 7 days a week, 365 days a year: www.kooth.com
Early Help Hub	Hampshire	5-17	The Early Help Hubs can provide support on a range of areas including relationships, behaviours that are challenging, housing issues and emotional health. Further information about the service is available on the Hampshire County Council website: https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/early-help

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Children's Wellbeing Support Service	Hampshire and IOW	Primary School aged children	<p>The Children's Wellbeing Support Service provides much needed early intervention and support for parents of children with Social, Emotional and Mental Health (SEMH) needs which can present in a similar way to Autism, Attention Deficit Disorder, Attachment Disorder, anxiety and poor emotional wellbeing. Referrals are made by health professionals through the Primary Behaviour Service</p>
Helplines and online support	National	All	<p>There are a number of organisations who provide helplines and online support for children, young people and their parents or carers.</p> <ul style="list-style-type: none"> • www.ChildLine.org.uk or they can be contacted on 0800 1111 • www.YoungMinds.org.uk or they can be contacted on 0808 802 5544 • www.Samaritans.org or they can be contacted on 116 123 • You can <u>call NHS 111</u> if you or someone you know needs urgent care, including for mental health, but it's not life threatening. If you, or someone else, is in a life-threatening situation call 999 • If you are experiencing a mental health crisis and need support, you can text YM to 85258. We know that finding the right support is important, especially if you need someone to talk to right now. We aim to connect every texter to a trained volunteer promptly to provide crisis help.

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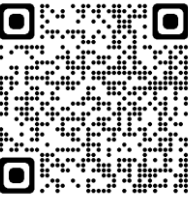
Abuse (sexual and domestic)

<p>Yellow Door</p> 	<p>Hampshire</p>	<p>All ages (split into under 12s and over 12s)</p>	<p>Yellow Door provides support, advice and counselling to young people who have experienced domestic or sexual abuse. They offer a wide range of specialist therapeutic, supportive and preventative services around the issues of sexual abuse and violence: www.yellowdoor.org.uk</p>
<p>Stop Domestic Abuse</p> 	<p>Hampshire</p>	<p>Children aged 4-17 years</p>	<p>Stop Domestic Abuse is an innovative and unique provider of all services to those affected by domestic abuse. They can be contacted on 0330 016 5112 or email advice@stopdomesticabuse.uk. More information can be found on their website https://stopdomesticabuse.uk/stop-domestic-abuse-homepage.</p>
<p>MOSAC</p> 	<p>National</p>	<p>All</p>	<p>MOSAC support (non-abusing) parents and carers of children who have been sexually abused. They provide advocacy, advice, training, support services and information for parents, carers and professionals dealing with child sexual abuse. More information can be found on their website www.Mosac.org.uk or they can be contacted on 0800 980 1958</p>
<p>Hampton Trust</p> 	<p>Hampshire, Southampton or the Isle of Wight</p>	<p>All</p>	<p>The Hampton Trust work to prevent violence, domestic abuse and social isolation. They provide a variety of programmes and services for young people and families. More information can be found on their website www.HamptonTrust.org.uk or they can be contacted on 02380 009 898</p>

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<p>START</p> 	<p>Central, West and North Hampshire</p>	<p>All</p>	<p>START - https://start-org.uk/ The new Sexual Trauma & Abuse Restorative Therapies service. START offers a confidential specialist counselling and support service for anyone who has experienced unwanted sexual abuse and / or sexual assault and has suffered sexual trauma.</p>
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ADHD


<p>BRAAIN</p> 	<p>Surrey and Hampshire</p>	<p>All ages</p>	<p>BRAAIN support parents and carers of children with Attention Deficit Hyperactivity Disorder (ADHD) and Autistic Spectrum Condition (ASC) or Special Educational Needs (SEN). More information can be found on their website www.Braain.co.uk or they can be contacted at enquiries@braain.co.uk</p>
<p>ADDISS</p> 	<p>National</p>	<p>All ages</p>	<p>The National Attention Deficit Disorder Information and Support Service (ADDISS) provide information and resources about ADHD to families and professionals. More information can be found on their website www.addiss.co.uk or they can be contact on 020 8952 2800 or info@addiss.co.uk</p>

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Anxiety/Low mood

CAMHS workbook 	Hampshire	Under 12s/over 12s	We recommend the CAMHS ' How to Beat Anxiety ' self-help workbook (for children) or the ' Anxiety Management ' self-help workbook (for teens) which can be found and downloaded from our website www.HampshireCAMHS.nhs.uk .
Self Sooth Box- Hampshire CAMHS website- 	National	All	You may find it helpful to make a self-soothe box which can be used when feeling worried. A video demonstrating how to do this can be found on the Hampshire CAMHS website: https://hampshirecamhs.nhs.uk/video/5-of-7-make-your-own-self-soothe-box/


ASC

National Autistic Society 	UK	All	The National Autistic Society provides help and advice for children and their parents with a diagnosis or waiting for an Autism assessment. More information can be found on their website www.Autism.org.uk
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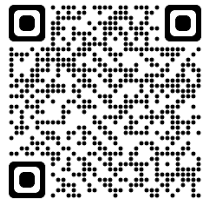

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<p>Autism Hampshire</p> 	Hampshire	All	<p>Autism Hampshire provides information and advice to parents and children with a diagnosis or waiting for an Autism assessment. More information can be found on their website www.AutismHampshire.org.uk or they can be contacted on 02380 766162</p>
<p>Koala</p> 	Andover	All	<p>Koala offers autistic-led support for autistic and neurodivergent individuals, their families and carers. A diagnosis is not needed. Based at the Bridge in Andover. Support is provided through peer groups, training, drop-ins and much more. www.koalacommunityhub.co.uk</p>
<p>Ask About Autism</p> 	Hampshire and IOW	All	<p>Ask About Autism is a service designed to help families of children with ASC as well as those going through the diagnosis process. This service has been developed by three different organisations across Hampshire – BRAAIN, Hampshire Parent Carer Network and Parent Voice, Isle of Wight. They provide support to families through workshops, support groups and an information line. You can find out more information on BRAAIN's website at www.braain.co.uk/ask-about-autism</p>

Bereavement

<p>Simon Says</p> 	Hampshire	Up to 18	<p>Simon Says support young people in Hampshire with the loss of someone close to them. More information can be found on their website www.SimonSays.org.uk and they can be contacted on Info@SimonSays.org.uk or on their helpline 02380 647 550</p>
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Winston's Wish 	National	All ages	Winston's Wish provides support to children and families who are experiencing bereavement to help manage their grief. More information can be found on their website www.WinstonsWish.org and they can be contacted on 0808 802 0021
Cruse 	National	All	Cruse offer support and advice to children and adults when someone dies. This includes Hope Again which is the youth specific website created by Cruse. More information can be found on their website www.Cruse.org.uk or you can talk to <u>someone directly through their helpline 0808 808 1677.</u>

Bullying



Kidscape 	National	All ages	Kidscape help families and young people who are facing bullying. The website contains a wealth of information for young people, parents and professionals www.KidScape.org.uk . They can be contacted on 020 7730 3300 or info@KidScape.org.uk
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Family Support

Gingerbread 	National	Young People Under 10 and over 10 resources	Gingerbread: A charity supporting single parents. They have information and workbooks to support children whose parents are splitting up. https://www.gingerbread.org.uk/information/children-of-single-parents/children-whose-parents-are-splitting-up/
Relate 	National	Young People and their families	Offers counselling services for every type of relationship. They provide advice to young people and their families on marriage, divorce and parenting. https://www.relate.org.uk/
Family Lives 			Family Lives have a source of information and a helpline, should you wish to talk to someone about parenting challenges (non-mental health) and your own coping strategies; Call 0808 800 2222 or visit their website: www.familylives.org.uk/
Family Links 	National	Parenting courses to help support different ages of children	Family Links provide programmes suitable for parents of children from -9 months to 18 years, underpinned by the Nurturing Programme and developing an understanding of behaviour in the context of relationships. https://www.familylinks.org.uk/at-home



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<p>Youth Options NVR training courses</p> 	Hampshire	All	<p>Drawing on traditions of family therapy and methods and ideas of non-violent resistance from Ghandi, NVR focuses on all aspects of family life to provide an intervention that will make sustainable changes.</p> <p>https://youthoptions.org.uk/what-we-do/parent-carer-support/non-violent-resistance</p>
<p>CAFCASS</p> 	National	All	<p>CAFCASS represents children in family court cases. They make sure that children's voices are heard and decisions are taken in their best interests. They are independent of the courts, social services, education and health authorities and all similar agencies. They can be contacted on 0300 456 4000 or https://www.cafcass.gov.uk/</p>


Gender Identity/LGBTQ+

<p>Breakout Youth</p> 	Hampshire	11-25 years	<p>They offer a confidential support service for young people aged 11 to 21, who are lesbian, gay, bisexual, transgender, questioning or unsure of their sexuality or gender identity. https://www.breakoutyouth.org.uk/services/ Email: hello@breakoutyouth.org.uk Contact Number: 02380 224 224</p>
<p>Mind Out</p> 	National	All ages	<p>They have Online Support Workers who provide support to LGBTQ communities through instant messaging, which is available everyday including evenings and weekends. More information can be found on their website. https://mindout.org.uk/ Contact Number: 01273 234839 Email: info@mindout.org.uk</p>


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GIDS 	National		<p>You could also speak to your GP about a possible referral to the Gender Identity Development Services (GIDS). Their website also offers advice and information about gender identity and the service that they offer; www.gids.nhs.uk/referrals. (Please note, the service is changing but they are currently still accepting referrals. Please check their website for the latest information).</p>
Beyond Reflections (previously Chrysalis) 	National	All parents/carers	<p>Beyond Reflections offer support to parents and carers whose children are trans, non-binary or questioning their gender identity (TNQ). Currently most of their support is online in small support groups, though they do have one face to face social group in Southampton. https://beyond-reflections.org.uk/contact/</p>


Hearing voices

Voice Collective 	National	Young People	<p>Supports children and young people who hear voices, see visions or have unusual sensory experiences including support groups, creative art workshops and providing information. Voice Collective work with children, young people, families and professionals. www.VoiceCollective.co.uk Contact Number: 020 7911 0822 Email: info@voicecollective.co.uk</p>
Hearing Voices Network	National	All ages	<p>Support and information for people who hear voices, see visions or have other unusual perceptions. www.hearing-voices.org</p>


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iTalk




<p>Improving Access to Psychological Therapies (IAPT) 16+</p> 	Must be registered at a Hampshire GP	16+	You can make a self-referral to iTalk by using their on-line referral form. iTalk is a free service for people aged 16+ experiencing depression, anxiety, phobias, OCD and PTSD. They offer online, telephone, group and 1-to-1 support. More information can be found on their website www.iTalk.org.uk or they can be contacted on 02380 383920
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OCD

<p>OCD Action</p> 	National	All	They offer information, advice and support through telephone, email and local groups. More information can be found on their website www.OCDAction.org.uk or they can be contacted on 08453 906232 or support@ocdaction.org.uk
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Self-harm

Harmless 	National	Parents and Young People	They have information on their website about self-harm, including a list of distraction techniques. https://harmless.org.uk/
Calm Harm 	National	App	The NHS app calm harm can be downloaded to a mobile phone to provide safe alternatives to self-harm.
Alumina online group 	National	11-19yr olds	Self-harm group -Alumina is a free, online 7-week course for young people struggling with self-harm. Each course has up to 14 young people, all accessing the sessions from their own phones, tablets or laptops across the UK. The courses take place on different evenings of the week and are run by friendly, trained counsellors and volunteer youth workers. https://alumina.selfharm.co.uk/


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School


SENDIASS 	Hampshire	All ages	SENDIASS is a free and confidential service offering impartial information, advice and support on issues relating to a child's or young person's special educational needs or disability. More information can be found on their website www.hampshiresendiass.co.uk or they can be contacted on 0808 164 5504 or email info@hampshiresendiass.co.uk
School Nurse 	National	School Age Children	They offer confidential advice and support to children, young people and their parent or carers. More information can be found on this website https://www.southernhealth.nhs.uk/our-services/child-health-services
School Support	National	School Age Children	You may also wish to discuss a referral to the Primary Behavioural Service , a team of dedicated practitioners working in Hampshire primary schools to promote positive behaviour and emotional wellbeing. You child's school might also consider a referral to an Educational Psychologist , or if appropriate an Education, Health and Care Plan (EHCP) .

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Substance misuse

Catch 22 	Hampshire	Up to 25 years	For support around substance misuse we recommend Catch 22, who offer individual, group and family support for children and young people affected by substance misuse. More information can be found on their website www.catch-22.org.uk/services/hampshire-247-substance-misuse-support they can be contacted on 0845 4599 405 or 247Hants@Catch-22.org.uk
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Tourette's

Tourette's Action 	National	All	Tourette's Action , a charity supporting people who have Tourette's or tics. Their website has information created specifically for young people to help them understand Tourette's and tics. They offer a resource library, book recommendations, support in school and ways to connect with others who have Tourette's or tics. Tourette's Action (tourettes-action.org.uk)
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Young Carers

Hampshire Young Carers Association 	Hampshire	All	Hampshire Young Carers Association have a team of dedicated staff who can help young people who are caring family members with illness or disability. They provide an environment promoting wellbeing and recovery, ongoing support with community activities, an opportunity to meet other people and socialise. They also provide a counselling service. To contact Young Carers, call 023 8090 2465 www.hyca.org.uk
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Apps

TellMi	Android and iPhone	12+	TellMi is an award winning, free and fully-moderated app for teenagers. It provides peer support, expert help, educational and creative resources and links to UK charities and helplines.
The Worry Box	Android and iPhone	4+	The Worry Box is a cognitive-behavioral therapy app for people who experience anxiety and worry. It teaches you how to assess whether a worry you have is important or not, or something you can or cannot control.
FearTools	Android and iPhone	12+	FearTools is an evidence-based app designed to help you combat anxiety, aiding you on your road to recovery.
Stay Alive	Android and iPhone	4+	The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.
Headspace	Android and iPhone	4+	Headspace - guided lessons on mindfulness, sleep, and simply remembering to breathe, free trial then paid subscription.
MindShift	Android and iPhone	12+	MindShift , - Break free from anxiety and stress using this free evidence-based anxiety management app. MindShift CBT uses scientifically proven strategies based on cognitive behavioural therapy (CBT).
Stop Breath Think	Android and iPhone	8-21-year olds	Stop Breath Think - offers free counselling sessions and support to any young person who would like to talk. With no wait times and a team of specialised counsellors ready to go, demand is growing rapidly.
Think Ninja	Android and iPhone	10-18-year olds	Think Ninja - help educate about mental health and emotional wellbeing. Think Ninja also helps children and young people learn and develop a range of skills for when they are experiencing daily life stresses or who maybe feeling anxious or their mood feeling low. Aged 10-18

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Books

Title	Area of Need	Audience	Description
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ADHD

'Helping Hyperactive Kids: A Sensory Integration Approach – Techniques and Tips for Parents and Professionals'	ADHD	Professionals and parents	'Helping Hyperactive Kids: A Sensory Integration Approach – Techniques and Tips for Parents and Professionals' by Lynn Horowitz and Cecile Rost. This book provides a complete overview and explanation of the therapy, as well as practical sensory integration-based techniques that can be used by teachers and parents to help the hyperactive child
'Smart but scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential'	ADHD	Children and parents	'Smart but scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential' by Peg Dawson and Richard Guare. The book provides easy-to-follow steps to identify strengths and weaknesses within children between 4-13 years old, activities and techniques to boost executive functioning skills such as organization and inhibition skills, and problem-solve daily routines.
'Smart but scattered teens: The "Executive Skills" Program for Helping teens Reach Their Potential'	ADHD	Teens and parents	'Smart but scattered teens: The "Executive Skills" Program for Helping teens Reach Their Potential' by Peg Dawson and Richard Guare. This book provides a positive guide to promote teenager's independence by promoting their abilities to get organized, stay focused and control impulses and emotions.

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Anger Management

'A Volcano in my Tummy: Helping Children to Handle Anger: A Resource Book for Parents, Caregivers and Teachers'	Anger management	Parents	'A Volcano in my Tummy: Helping Children to Handle Anger: A Resource Book for Parents, Caregivers and Teachers' by Elaine Whitehouse and Warwick Pudney. A book for children aged 6 to 13 which aims to help them understand and deal constructively with their anger.
'The Bubble Gum Guy: How to Deal with How You Feel'	Anger management	Children	'The Bubble Gum Guy: How to Deal with How You Feel' by Joost Drost. A book for children under 12 that has a range of exercise to teach anger management and self-control.
"Smart Help for Good 'n' Angry Kids: Teaching Children to Manage Anger"	Anger management	Parents	"Smart Help for Good 'n' Angry Kids: Teaching Children to Manage Anger" by Frank Jacobelli and Lynn Ann Watson. This book, designed for use by teachers with children aged 6 to 11, is equally useful for parents wanting to teach their children about anger and how to manage it.
What to do When Your Temper Flares: A Kid's Guide to Overcoming Anger'	Anger management	Children	'What to do When Your Temper Flares: A Kid's Guide to Overcoming Anger' by Dawn Huebner guides children and their parents through the cognitive-behavioural techniques used to treat problems with anger.

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Anxiety

Helping your Child with Fears and Worries	Anxiety	Parents	'Helping your Child with Fears and Worries: 2nd Edition' By Cathy Creswell and Lucy Willets
What to do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety'	Anxiety	Children and parents	'What to do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety' by Dawn Huebner is an interactive self-help book designed to guide 6-12-year olds and their parents through the cognitive-behavioural techniques most often used in the treatment of generalized anxiety

ASC

'The Out-of-Sync Child'	ASC	Parents	'The Out-of-Sync Child' by Carol Stock Kranowitz. This book offers numerous ideas and strategies to help parents tackle children and young people sensory processing difficulties.
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Emotional Regulation

The Kids Guide to staying awesome and in control'	Emotion regulation	Children	'The Kids Guide to staying awesome and in control' Lauren Buckner is aimed at helping children to regulate their emotions and their senses
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Low Mood

Blame my Brain	Low Mood	Useful for YP, parents and clinicians to read.	"Blame My Brain": Nicola Morgan's carefully researched, accessible and humorous examination of the ups and downs of the teenage brain has chapters dealing with powerful emotions, the need for more sleep, the urge to take risks, the difference between genders and the reasons behind addiction or depression.
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OCD

'Breaking Free of OCD'	OCD	Teens	'Breaking Free of OCD' by Derisley, Robinson and Turne. Self-help book for young people who are suffering from OCD and their families and/or carers but it is also an invaluable resource for clinicians, teachers and other professionals who may be working with children with these difficulties.
' Free from OCD'	OCD	Teens	A workbook called 'Free from OCD' by Timothy Sizemore. Free from OCD offers forty easy cognitive behavioral exercises to help teens move past their symptoms and live freely and flexibly, without fear.
The Kids' Guide to Staying Awesome and In Control'	OCD	Children	The Kids' Guide to Staying Awesome and In Control' by Lauren Brukner. This book is packed with simple ideas to regulate the emotions and senses and help children tackle difficult feelings head-on.
' What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD'	OCD	Children	'What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD' by Dawn Huebner. This book guides children and their parents through cognitive behavioral techniques used to treat OCD.

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Trauma and Attachment

'Everyday Parenting with Security and Love'	Trauma and attachment	Parents	'Everyday Parenting with Security and Love' Kim Golding explores helping children to overcome reactions to trauma and attachment difficulties with realistic and pragmatic strategies
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