

Mental Health Support/Resources for Parents & Carers

General safeguarding & mental health resources

- [Signposting resources grid.pdf \(testbourne.school\)](#)
- [HOME | CAMHS Resources \(camhs-resources.co.uk\)](#)
- <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/talking-about-difficult-topics/>
- [Mental Health Support Network provided by Chasing the Stigma | Hub of hope](#)
- [The Action for Happiness App | Action for Happiness](#)
- [APPS | CAMHS Resources \(camhs-resources.co.uk\)](#)
- [Child in Mind Podcast - Anna Freud National Centre](#)
- [No Limits \(Southampton Charity Supporting Young People\) \(nolimitshelp.org.uk\)](#)
- [Home - HYA \(hampshireyouthaccess.org.uk\)](#)
- [Podcast - myHappymind](#)
- [Parents Mental Health Support | Advice for Your Child | YoungMinds](#)

Suicidal Thoughts

- [Help for suicidal thoughts - NHS \(www.nhs.uk\)](#)
- [Supporting-Your-Child-A-Guide-for-Parents.pdf \(papyrus-uk.org\)](#)
- [My child is having suicidal thoughts - Support for Parents from Action For Children](#)

LGBTQ+

- [Breakout Youth: LGBTQ+ Support Hampshire & Isle of Wight](#)
- [MindOut | Mental Health Charity for LGBTQ community](#)
- [LGBT Foundation - Helpline and Email Support](#)

In school support

- [Mental-Health-Booklet-February-2022.pdf \(testbourne.school\)](#)
- [Wellbeing - Home \(sharepoint.com\)](#)
- [TCS Mental Health Policy.docx \(sharepoint.com\)](#)



Taking Time for Testbourne Minds

Body Image and Eating Disorders

- [Tips to improve body image | Mental Health Foundation](#)
- [The UK's Eating Disorder Charity - Beat \(beateatingdisorders.org.uk\)](#)
- [Body image | YoungMinds](#)
- [Overview - The Body Image Treatment Clinic - NHS \(www.nhs.uk\)](#)

Self-Harm

- <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/self-harm/>
- [The truth about self-harm | Mental Health Foundation](#)
- [OO1159-PAPYRUS-Leaflet Self-Harm.pdf \(papyrus-uk.org\)](#)
- [Self-Harm & Mental Health | Guide For Parents | YoungMinds](#)

Substance Misuse

- [Hampshire 24/7 \(Substance Misuse Support\) - Catch22 \(catch-22.org.uk\)](#)
- [Honest information about drugs | FRANK \(talktofrank.com\)](#)

Anxiety and Low Mood

- [Coping with anxiety | Childline](#)
- [Anxiety and panic attacks - Mind](#)
- [What is Anxiety? | Symptoms of Anxiety & Getting Help | YoungMinds](#)
- [How to Cope With an Anxious Child | Anxiety in Children \(childmind.org\)](#)
- [OO1159-PAPYRUS-Leaflet Coping-with-Exams.pdf \(papyrus-uk.org\)](#)

Useful telephone numbers:

Samaritans: 116 123

Papyrus: 0800 068 4141

NSPCC: 0808 800 500

Text SHOUT to 85258

YoungMinds: 0808 8025544