

ADHD

- <https://adhduk.co.uk/>
- [ADHD and Mental Health | Get support | YoungMinds](#)
- [Tips for everyday living | ADHD and mental health | Mind](#)

Autism Support:

- Autism Hampshire: [Home | Autism Hampshire](#) Tel: 01489 880881
- Ask About Autism: [Ask About Autism](#) Tel:07518 297723
Email: emmaholmes@hpcn.org.uk (groups are run in the Havant Area)
- National Autistic Society [National Autistic Society \(autism.org.uk\)](#)
- Choice Support: [Choice Support | Home](#)
- Reminds: [Re:Minds \(reminds.org.uk\)](#)

Addiction Support:

- AA [alcoholics-anonymous.org.uk](#), in person and zoom meetings available in all parts of Hampshire
- Drink aware [Drinkaware](#) for advice for you and your family
- We are with you [wearewithyou.org.uk](#), free, confidential support with alcohol, drugs or mental health locally and online
- Al Anon support for friends and family of someone with alcohol problems [Al-Anon UK](#)
- ADFAM for advice for you and your family [adfam.org.uk](#)
- NACOA for children of someone with alcohol issues [nacoa.org.uk](#) or call the helpline on 0800 358 3456
- Frank, information and help on drugs, peer pressure and support services [Honest information about drugs | FRANK \(talktofrank.com\)](#)
- [Gamblers Anonymous](#) peer support groups in all areas of Hampshire for gamblers
- [GamCare](#) for support with gambling addiction, 24/7 helpline and online chat available
- [Catch22 \(catch-22.org.uk\)](#) 24/7 substance misuse support for anyone under 25
- [Home - PSL](#) provide support for those affected by someone else's drug and/or alcohol use

Anxiety

CALMZone, Practical anxiety and stress relief, created by experts, made for you. The CALMzone app makes it easier to look after your head. Manage anxiety, stress, panic, and whatever life throws at you using expert-created mental health tools and exercises [Meet the CALMzone app: Free mental health support in your pocket | CALM](#)

Bereavement Support:

- Cruse: For anyone going through a bereavement <https://www.cruse.org.uk>
- Hope again www.hopeagain.org.uk Youth website by Cruse
- Child Bereavement UK www.childbereavementuk.org
- Winston's Wish www.winstonswish.org helpline and online chat
- Childhood Bereavement Network www.childhoodbereavementnetwork.org.uk support for bereaved children and young people
- Grief Encounter www.griefencounter.org.uk free 1:1 support for children and young people
- NHS search "NHS Bereavement" support for adults and children coping with loss
- Simon Says www.simonsays.org.uk bereavement support for children and young people
- At A Loss www.ataloss.org signposting to urgent support, 1:1 support and specialist Covid 19 support
- Grief Chat www.griefchat.co.uk access to counselling and Online Memorials
- Samaritans Suicide Bereavement www.samaritans.org support for those bereaved by suicide
- Help is at hand - [Support After Suicide](#)
- Suicide Bereavement UK www.suicidebereavementuk.com
- SOBS (Survivors of bereavement by suicide) www.uksobs.org
- [Grief support groups | Sue Ryder Grief Guide](#)
- [Grief & Loss | Parents Guide To Support | YoungMinds](#)

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YOU TALK.
WE'LL LISTEN.

Bullying Support:

- YoungMinds: [Bullying | How To Deal With Bullying and Getting Help | YoungMinds](#)
- Anti Bullying Alliance: [Signposting to advice and support \(anti-bullyingalliance.org.uk\)](http://anti-bullyingalliance.org.uk)
- Kidscape help with bullying: [Help With Bullying | Bullying Advice | Kidscape](#)
- Childline: [Bounce back from bullying | Childline](#)
- Bullying | The Children's Society: [Bullying | The Children's Society \(childrenssociety.org.uk\)](http://childrenssociety.org.uk)
- NSPCC: [Helping Children Deal with Bullying & Cyberbullying | NSPCC](#)
- Safe4Me – Keeping Safe Online: [Keeping Safe Online – Safe4Me](#)
- Childnet – help and advice for online bullying: [Online Bullying | Childnet](#)

Crisis Support Services:

- In a life threatening emergency call 999 or go to A&E
- Call NHS 111
- Contact the Samaritans on 116 123 (any age)
- Call Papyrus on 0800 068 41 41 (under 35s)
- 24/7 Crisis Text Line: Text “SHOUT” to 85258
- Adults Safe Haven - [Havant & East Hants Mind – For better mental health](#)
- Children and Young People's Safe Haven drop-in or call 0300 303 1580 open 5pm-8pm Tuesdays and Wednesdays, 5pm-7pm Thursdays at The Pallant, Havant, PO9 1BE easthantsmind.org (under 18s)
- Contact Childline - <https://www.childline.org.uk/>
- Download the notOK app to send an automated message to someone you trust when you find it hard to say what's going on
- Request an urgent appointment with your GP

Domestic Violence Support:

- Stop Domestic Abuse, Provider of all services to those affected by domestic abuse. <https://stopdomesticabuse.uk> or call 02392 008329, Helpline is 03300 533630

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- Paragon via The YOU Trust, help if you or someone you know is experiencing domestic abuse, sexual violence or stalking [Domestic abuse - Paragon Team - Types of Abuse - Behaviour](#)
- Domestic Violence Assistance, specialise in assistance to obtain emergency injunctions from being further abused [Domestic Violence Assist | DV ASSIST](#) or call 03000 040375
- National Centre for Domestic Violence, a free fast emergency injunction service to survivors of domestic abuse and violence regardless of their financial circumstances, race, gender or sexual orientation [Domestic Violence & Abuse · Emergency Injunction Service \(ncdv.org.uk\)](#) or call 0800 970 2070
- Aurora New Dawn giving safety, support, advocacy, and empowerment to survivors of domestic abuse, sexual violence and stalking. <https://www.aurorand.org.uk/> or call Enquiries 023 9247 9254. Aurora's out of hours helpline – 5pm to 8am Monday to Friday and 24hrs over the weekend 02394 216 816
- The Hampton Trust, working to prevent violence, domestic abuse and social isolation. They provide a variety of programmes and services to engage and strengthen individuals families, organisations and communities. <https://hamptontrust.org.uk/>
- Women's Aid, supports a network of domestic violence services across the UK. [Home - Women's Aid \(womensaid.org.uk\)](#)
- The Hide Out, created by Women's Aid to help young people understand domestic abuse and take positive action. <https://www.thehideout.org.uk/>
- Men's Advice Line, confidential helpline for male victims of domestic abuse. [Domestic Abuse Helpline for Men | Men's Advice Line UK \(mensadvice.org.uk\)](#) or call Freephone 0808 8010327
- Galop, LGBTQ+ support experiencing hate crime, domestic abuse or sexual violence [Galop - the LGBTQ+ anti-abuse charity - Galop has provided advice, support, research and lobbying around the issues of LGBTQ+ policing for over 30 years.](#) or call the domestic abuse hotline on 0800 999 5428

Eating Disorders:

- BEAT www.beateatingdisorders.org.uk support for all eating disorders and family/friends of someone with an eating disorder
- Mind www.mind.org.uk information and advice
- Self Harm Workbook for 10-17 year olds, which includes not eating properly from [Battle Scars](#)

- NCFED www.eating-disorders.org.uk
- TasteLife <https://www.tastelifeuk.org/>
- Weight Matters www.weightmatters.co.uk support for over eating, support for anorexia after hospitalization, dieticians, counselling and healthy eating plans
- Rise Above www.riseabove.org.uk support for eating issues and body image
- Young Minds www.youngminds.org.uk anorexia and bulimia support
- Anorexia and Bulimia Care (ABC) www.anorexiabulimiare.org.uk support for you and your family
- NHS google “NHS eating disorders” for information on eating disorders

Exploitation

- In an emergency call **999**. If you are unable to speak on the phone dial 999 and then press 55 (for calls from mobiles only) or text “REGISTER” to 999 to set up the police text service, for non-emergency police matters please call **101**
- For any concerns regarding children and young people: MASH (Multi-agency safeguarding hub). Their office hours number is 0300 555 1384 and their out of hours number is 0300 555 1373 (for all areas in Hampshire)
- For all exploitation concerns as well as general welfare concerns which would be appropriate for children's services <https://www.hampshirescp.org.uk/report-a-c>

Finances:

- The Mix www.themix.org.uk support for under 25s
- CAB www.citizensadvice.org.uk help and advice for benefits
- Step Change UK www.stepchange.org debt charity offering free advice
- No Limits <https://nolimitshelp.org.uk/money/>
- Turn 2 Us www.turn2us.org.uk
- The Bridge Advice Centre Hayling Island <https://www.bridgechurchhayling.com>

Housing Support

- Step by Step [Step by Step: Young People Charity | Youth Homeless Prevention |](#)

LGBTQ+ Support:

- Switchboard www.switchboard.lgbt helpline for advice and understanding
- Breakout Youth www.breakoutyouth.org.uk support groups, helpline and education on LGBT+
- Ditch the Label www.ditchthelabel.org blogs, advice and support for young people
- Stonewall www.stonewall.org.uk help, advice and resources for LGBTQ+
- The Diversity Trust <https://www.diversitytrust.org.uk/>
- support and resources for young people
- Health for Teens www.healthforteens.co.uk advice on lifestyle, relationships and sexual health
- Brook www.brook.org.uk free and confidential support services
- LGBT Foundation <https://lgbt.foundation/> increase knowledge and understanding of LGBT inclusion

Parents Helpline

- [Parents Helpline | Mental Health Help for Your Child | YoungMinds](#)- Helpline service if you are the parent or main carer of a child or young person aged 25 or under who are concerned about their child or young person's mental health.

Pregnancy and Sexual Health Support:

- Visit [getiton](#) government website by clicking the link
- Contact [Pregnancy Options Centre \(optionschichester.org.uk\)](http://optionschichester.org.uk) for free, unbiased support for unplanned pregnancy, abortion and pregnancy loss
- Visit [Let's Talk about It](#) NHS website for free advice, and contraception
- Visit [Brook](#) sexual health charity website for free information and support
- Take a look at [Rise Above](#) for help with relationships and sexual health
- Visit [Sexwise](#) for free advice on sexual health, contraception, STIs and pregnancy

- For clothing, toiletries and baby equipment your midwife or health visitor can contact baby.basics@family.church or call 0300 302 0090

Sexual assault

- In an emergency call **999**. If you are unable to speak on the phone dial 999 and then press 55 (for calls from mobiles only) or text “REGISTER” to 999 to set up the police text service, for non-emergency police matters please call **101**
- For any concerns regarding children and young people: MASH (Multi-agency safeguarding hub). Their office hours number is 0300 555 1384 and their out of hours number is 0300 555 1373 (for all areas in Hampshire)
- Treetops Sexual Assault Referral Centre are available 24/7 on 0300 123 6616 or email snhs.admin.treetops@nhs.net. Treetops offer medical, practical and emotional support for anyone of any age and gender who has been sexually assaulted or raped.
- STAR (Sexual Trauma and Recovery) Counselling via the YOU Trust for 18+ counselling <https://starcounselling.org.uk> or call 01329 760260
- Portsmouth Abuse and Rape Counselling Service (PARCS) offers free counselling to anyone that has experienced sexual assault and violation and live in Portsmouth and surrounding areas. Call 02392 669513 or email parcs@family-action.org.uk or visit PARCS website www.parcs.org.uk. Non emergency helpline Tuesdays 11am-2pm, Thursdays 4pm-7pm 0300 222 5735
- Yellow Door is based in Southampton but offers an ISVA service across Hampshire offering support of how to report sexual abuse of any form, help talking to the Police if that’s what you decide to do, advice on health care options and free legal advice. 02380 636 312 or info@yellowdoor.org.uk. Their website is www.yellowdoor.org.uk
- Inscape offer support for LGBTQ+ victims in Portsmouth and surrounding areas. 02392 298950
- Aurora New Dawn www.aurorand.org.uk for support with sexual violence, domestic abuse and/or stalking. They have a “panic button” on their website which will take you to google home page. Their 24 hour helpline for sexual assault is 02392 479254 for free advice and legal support contact ISVA@aurorand.org.uk
- The National Rape Crisis Helpline is available 24/7 on 0808 802 9999

Self-Harm Support:

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- Call [Samaritans](#) on 116 123 for 24/7 support
- Text “SHOUT” to 85258 giveusashout.org for 24/7 support
- [Safe4Me](#) - a leaflet detailing support for self-harm in Hampshire
- Self Harm Workbook from [Battle Scars](#)
- [National Self Harm Network](#) 24/7 online forum
- [Webchat support | Self Injury Support](#) (for women and girls) is open Tuesday, Wednesday and Thursday from 7pm to 9:30pm (webchat services temporarily suspended – but text and helpline services are open 0808 800 8088)
- www.harmless.org.uk to make a referral or speak to someone
- www.thecalmzone.net for men to get support 5pm-midnight
- Download the Calm Harm app to help you ride the wave
- Download the Clear Fear App to get support and advice
- Visit the [Mind](#) website by following this link for advice on how to help yourself right now

Apps and general wellbeing:

- Think Ninja
- Insight Timer
- Calm
- MindShift
- STOP
- SilverClouds
- Kooth
- CALMzone

Parents Helpline

[Parents Helpline | Mental Health Help for Your Child | YoungMinds](#)- Helpline service if you are the parent or main carer of a child or young person aged 25 or under who are concerned about their child or young person’s mental health.

Kooth- Online mental wellbeing support and community providing anonymous support to young people. [Kooth for Children & Young People - Kooth plc](#)

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Hub of Hope

hubofhope.co.uk

A database of UK mental health charities and organisations offering advice and support.

certain areas of the UK. New users need to create an account to use it.

[My Possible Self: The Mental Health App](#)

Local Minds

mind.org.uk/about-us/local-minds

Local mental health services across England and Wales. Offers talking therapies, peer support and advocacy. Check to see if there is a [local Mind near you](#).

NHS Every Mind Matters

nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health

Information and advice on mental health and wellbeing. Includes videos about dealing with change, social media and sleep.

Shout

Text SHOUT to [85258](tel:85258) (24/7)

giveusashout.org

A confidential and anonymous text support service for anyone struggling to cope.

You might notice that other organisations use the same [Shout textline](#) number for support. This is because you can talk to Shout about lots of topics, like:

- Abuse
- Anxiety and stress
- Bullying
- Chronic pain
- Depression
- Grief and loss
- Loneliness
- Self-harm
- Sleep

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- Suicidal thoughts

[Text SHOUT to 85258](#)

Sidekick

[07888 868 059](#) (textline)

help@sidekick.actionforchildren.org

sidekick.actionforchildren.org.uk

A confidential textline and email support for people aged 13 to 18, or up to 25 for people with special educational needs.

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