

Portsmouth Support Services

| Portsmouth Specific Support | | |
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| Off the record | OTR is here to provide emotional wellbeing and mental health support for young people aged 11-25 in South East Hampshire by offering a choice of counselling, group work and young carers options so you can pick the support you feel will be most effective for your situation. | Homepage - OTR South (otr-south.org.uk) |
| Self-harm – support for 11-16 year olds – Portsmouth City Council | Advice and support for young people between the ages of 11 – 16 who self-harm. | Self-harm – support for 11-16 year olds - Portsmouth City Council |
| Kooth – online counselling | Online Mental Wellbeing Community. Free, safe and anonymous support. | kooth.com |
| CAMHS Portsmouth | Specialist CAMHS services work alongside children/young people (and their families) whose risks, needs and functioning are impacting on their mental health. | Child and Adolescent Mental Health (CAMHS) Portsmouth Solent NHS |
| Y Service | Y Services deliver a range of youth, play and support work. Our work is always in partnership with Councils, communities, organisations and agencies. Each piece of work is unique and gives young people access to support that meets their needs at home, at school, at college, in their workplace or their community. | yservices.co.uk |

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| MHST | Mental Health in Schools Team. Offering support and advice. | Mental Health Support Teams - Portsmouth Education Partnership |
| Positive Minds | A new style of service offering informal support for anyone who feels low, worried or hopeless in Portsmouth. | Positive Minds Peer support and wellbeing service in Portsmouth by Solent Mind |
| Motiv8 | At Motiv8, we provide a range of activities to support and help inspire young people around the south coast. | Portsmouth Youth Charity Helping Young People MOTIV8 |
| Frankie Workers Service | The Frankie Worker service offers counselling and therapy to children who have been affected by sexual abuse, sexual exploitation and FGM. The service is available to children aged 0-18 years. | Frankie Workers - Hampshire Police and Crime Commissioner (hampshire-pcc.gov.uk) |
| Amparo | Support for those affected by a suicide death. | Southampton, Hampshire, the Isle of Wight and Portsmouth - Amparo |
| Talking Change | Primary care mental health service for Portsmouth. | talkingchange.nhs.uk |
| Portsmouth Abuse and Rape Counselling Service (PARCS) | Provides free specialist counselling and psychotherapy for people who have experienced sexual and/or domestic abuse, based in the Portsmouth and Southeast Hampshire area. | Portsmouth Abuse and Rape Counselling Service (PARCS) - Family Action (family-action.org.uk) |
| A Band of Brothers (ABOB) | Works with young men involved in the criminal justice system. We provide them with the support they need to make the transition to an adulthood free of crime, and filled | abandofbrothers.org.uk |

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| | with a sense of belonging, connection and purpose. | |
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| Hampshire Support | | |
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| Safe Havens | Safe Havens offer crisis support for young people who are experiencing difficulties with their mental health and who need access to out-of-hours emotional and practical support. | nolimitshelp.org.uk |
| Breakout Youth | Support for young people, parents/carers and professionals supporting LGBTQ+ young people. | breakoutyouth.org.uk |
| Bullies Out | Established in May 2006, we are one of the most dedicated and ambitious anti-bullying charities. Through our award-winning work with individuals, schools, youth and community settings and the workplace, each year, we provide counselling, education, training and support to thousands of people. | BulliesOut - Anti-Bullying Training, Awareness and Support |
| NHS talking therapies | Talking therapies, or psychological therapies, are effective and confidential treatments delivered by fully trained and accredited NHS practitioners. They can help with | https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/ |

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| | common mental health problems like stress, anxiety and depression. | |
| NCS | Get ready to build your independence. Boost your work-readiness. Make a positive impact on the world. Blossom in confidence. And form some amazing friendships along the way. | OUR EXPERIENCES NCS (wearencs.com) |
| Personal Best Education (Hampshire) | Personal Best has gone from strength to strength ensuring individuals from diverse backgrounds of all ages can benefit from our extensive provision and facilities. | Personal Best Education |
| Hampton Trust | Hampton Trust is one of the most respected and innovative UK providers of work in the field of domestic abuse and criminal justice. We are committed to rebuilding lives by addressing the root cause of domestic abuse and criminality. | Hampton Trust |
| Self Harm Support Hub | The Solent Mind Self Harm Support Hub is a dedicated space for anyone who is supporting young people who self-harm. This includes parents, carers, and professionals. There is also support on there for those who may self-harm. | Self Harm Support Hub |
| Mental Health School Team | A Hampshire CAMHS early help service designed to improve access to psychological therapies for young people, while also assisting schools to develop a whole-school approach | Mental Health Support Teams in Schools – CAMHS (hampshirecamhs.nhs.uk) |

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| | to positive mental health and wellbeing. | |
| CAMHS Hampshire | An NHS specialist service for young people aged 5 -18 years and their families who are suffering with acute, chronic and severe mental health problems. | hampshirecamhs.nhs.uk |
| Hampshire SENDIASS | Hampshire SENDIASS is an impartial Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS) that aims to make a positive and lasting difference for children and young people with special educational needs and/or disability (SEND) and their parents and carers. | hampshiresendiass.co.uk |
| The YOU Trust | The You Trust support vulnerable people across Hampshire and Dorset. Working across a wide range of specialist areas from learning disabilities to mental health and stalking, domestic abuse and sexual violence services. | theyoutrust.org.uk |
| Family Information and Service Hub | Information and services for families. | Family Information and Services Hub Listings in Life Skills (hants.gov.uk) |
| iTalk | A free service offered to patients aged 16 and over who are registered with a GP in Hampshire. iTalk provides therapy, treatment, services & resources to people suffering from a range of common | italk.org.uk |

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| | mental health problems including stress, anxiety or depression. | |
| The Prince's Trust | The Prince's Trust works with people with low self-esteem, aggression, drugs, alcohol or involvement in crime. A combination of long-term personal support with practical learning experiences enables young people (aged 13-25) to develop personal, social and life skills. | princes-trust.org.uk |
| Stop Domestic Abuse | We help all those affected by domestic abuse by providing innovative and unique services. We work to ensure that victims are supported to recover, and perpetrators are supported to change their behaviour. | stopdomesticabuse.uk |
| Paragon | We are a dedicated and diverse team of people working since 1985 in the domestic abuse sector. | paragonteam.org.uk |
| Butterflies Bereavement | A community-based charity based in Hampshire and the Isle of Wight providing high quality bereavement care and support to individuals and families both at the time of need and on an ongoing basis. | bflies.org.uk |
| Hampshire Social Care & Health Hub | An online resource which can assist you in finding the right support for you and your family. | Children and families Children and Families Hampshire County Council (hants.gov.uk) |
| Hampshire Children's Trust | | Hampshire Children's Trust Children and Families |

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| | A partnership of organisations across Hampshire responsible for services for children, young people and their families. | Hampshire County Council (hants.gov.uk) |
| Victim Support | We're here to help anyone affected by crime. Not only those who experience it directly, but also their friends, family and any other people involved. You can contact us 24 hours a day, seven days a week. | victimsupport.org.uk |
| Hampshire Parent and Carer Network | Offering parents and carers of children and young people aged 0-25 with any additional needs, or disability including mental Health (diagnosed or undiagnosed) the opportunity to tell the Local Authority, Health and other services, what life is really like. | hpcn.org.uk |

Crisis support numbers

To get urgent medical help, use the NHS 111 online service, or call 111 if you're unable to get help online. Only available in mainland UK.

For life-threatening emergencies, call 999 for an ambulance.

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| Papyrus | PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. | Website: papyrus-uk.org Phone: 0800 068 4141 |
| Samaritans | Can be contacted by telephone, letter, e-mail and mini-com. There's | Website: Samaritans.org Phone: 116 123 |

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| | also a face-to-face service, available at their local branches. | |
| National Suicide Prevention Helpline UK | Offers a supportive listening service to anyone with thoughts of suicide. | Website: spuk.org.uk Phone: 0800 689 5652 |
| Childline | <p>Childline is a service that provides support to young people.</p> <p>Please note that there is an under 12's part on Childline which does not include the message boards which may not be appropriate for under 12 year olds. To access this part of - Childline front page > 'Info and advice >' Childline for under 12s'.</p> | Website: childline.org.uk Phone: 0800 1111 |
| NHS 111 | Crisis number. Call 111. | Website: 111.nhs.uk |
| Shout | 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 'SHOUT' to 85258. | Website: giveusashout.org |
| SANEline | A national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. | Website: sane.org.uk Phone: 0300 304 7000 |
| CALM | You can call the CALM on 0800 58 58 58 (5pm–midnight every day) if you | thecalmzone.net 0800 58 58 58 (5pm–midnight every day) |

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| | are struggling and need to talk. Or if you prefer not to speak on the phone, you could try the CALM webchat service. | |
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| Online Support | | |
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| Back to Basic | Empowering parents and carers to support their child's emotional wellbeing within the home | https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/back-to-basics |
| Teen Sleep Hub | Getting the support you need to achieve a good night's sleep | Home - Teen Sleep Hub |
| E-Wellbeing | e-wellbeing is a digital wellbeing service for young people run by YMCA DownsLink Group. Our aim is for all young people to be able to access the right support and information around their emotional health and wellbeing, in the right place at a time that is right for them. | Home Page - e-wellbeing |
| Kooth | Online Mental Wellbeing Community. Free, safe and anonymous support. | kooth.com |
| The Mix | Aimed at people under 25. Their helpline is open between 16:00 and 23:00 7 days a week. | themix.org.uk |
| Barnardo's | The largest and oldest national children's charity in the UK. | barnardos.org.uk |
| Help is at Hand | | Help is at Hand.pdf (www.nhs.uk) |

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| | Help is at Hand provides people affected by suicide with both emotional and practical support. | |
| My Happy Mind | Giving today's children the skills to thrive in tomorrow's world. | myhappymind.org |
| Gender Identity Research & Education Society | An organisation whose purpose is to improve the lives of trans and gender non-conforming people of all ages, including those who are non-binary and non-gender. | gires.org.uk |
| Mermaids | Mermaids supports gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care. | mermaidsuk.org.uk |
| NSPCC | We're the leading children's charity in the UK, specialising in child protection. We're the only UK children's charity with statutory powers, which means we can take action to safeguard children at risk of abuse. | nspcc.org.uk |
| OCD Action | OCD Action works for a society where OCD is better understood and diagnosed quickly, where appropriate treatment options are open and accessible, where support and information is readily available and where nobody feels ashamed to ask for help. | ocdaction.org.uk |

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| OCD UK | A charity dedicated to improving the mental health and wellbeing of people whose lives are affected by Obsessive Compulsive Disorder by providing information, advice & support services. | ocduk.org |
| Family Lives | Family Lives provides targeted early intervention and crisis support to families. | familylives.org.uk |
| Citizens Advice | We give people the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem. Our national charity and network of local charities offer confidential advice online, over the phone, and in person, for free. | citizensadvice.org.uk |
| Shelter | Information for people who are homeless or having a housing problem. | shelter.org.uk |
| Alumnia | This is a 7-week course that would be able to support you in yourself harm. | selfharm.co.uk |
| Sexual Trauma & Abuse Restorative Therapies (START) | Call our Advice & Support Line on 01962 868 688 or 01962 864 433 Anonymous SMS Text helpline service: 07860 027 793 Available 24 hours. | start-org.uk |
| Rape Crisis | | |

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| | If something sexual happened to you without your consent – or you're not sure – you can talk to us. | Support for children and young people Rape Crisis England & Wales |
| Young Minds | Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, we can help.. | youngminds.org.uk |
| Kidscape | Information and advice for parents, carers and young people with concerns about school bullying and abuse. | kidscape.org.uk |
| NAPAC | National Association for People Abused in Childhood offers support to adult survivors of all types of childhood abuse, including physical, sexual, emotional abuse or neglect. | napac.org.uk |
| Men's Advice Line | Confidential helpline for male victims of domestic abuse. | mensadviceline.org.uk |
| National Centre for Domestic Violence | A free, fast emergency injunction service to survivors of domestic abuse and violence. | ncdv.org.uk |
| Stop. Breathe. Think. | Stop Breathe Think gives eligible young people aged 8-21 access to free 1-1 counselling sessions. | stopbreathethink.org.uk |
| Tellmi | A safe, inclusive digital community where young people can help themselves and each other. Tellmi is a scalable mental health solution | Tellmi |

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| | and our evidence based innovation is transforming outcomes for young people and generating substantial savings for the NHS. | |
| Self Injury Support | Self injury support is a fantastic and unique resource. They always listen, even if you aren't able to talk about self-injury | Self Injury Support |

| Helpful Resources | | |
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| No Limits | Wellness Journal and stay safe card | Wellness Journal |
| The Little Book of Sunshine (NHS) | The Little Blue Book of Sunshine offers top tips to help young people cope with stress. | Little Book of Sunshine PDF |
| My Support Space (Victim Support) | My support Space is an online resource designed to help you manage the impact that crime has had on you. | mysupportspace.org.uk |
| Mindful Colouring | Practicing mindfulness involves focussing on the present and includes mind and body activities such as meditation, attitude shifts, ways of thinking, breathing exercises, yoga, gratitude, showing kindness to others and animals; these are all beneficial for our health and wellbeing including that of our children. | Mindfulness Colouring Pages — Save the Children |

| Helpful Books | | |
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| Gilly the giraffe Self-esteem activity book | A Therapeutic Story with Creative Activities for Children Aged 5-10 | Gilly the Giraffe Self-Esteem Activity Book: A Therapeutic Story with Creative Activities for Children Aged 5-10 (Therapeutic Treasures Collection): Amazon.co.uk: Dr. Karen Treisman: 9781785925528: Books |
| The colour monster | A fun, bright pop-up book about a monster who explores colour through his emotions. | The Colour Monster Pop-Up: Amazon.co.uk: Anna Llenas: 9781783703562: Books |
| Starving the Anger Gremlin | A Cognitive Behavioural Therapy Workbook on Anger Management | Starving the Anger Gremlin for Children Aged 5-9: A Cognitive Behavioural Therapy Workbook on Anger Management: 4 (Gremlin and Thief CBT Workbooks): Amazon.co.uk: Kate Collins-Donnelly: 9781849054935: Books |
| Children's worry book | A mindful journal for young people with short stories and activities | Children's Worry Book: A mindful... by Mindfulness, Childrens (amazon.co.uk) |
| Teach your dragon to understand consequences | A Children Story to Teach children The Importance of Listening and Following Instructions | Teach Your Dragon To Follow Instructions: Help Your Dragon Follow Directions. A Cute Children Story To Teach Kids The Importance of Listening and Following Instructions.: 20 (My Dragon Books): Amazon.co.uk: Herman, Steve: 9781948040600: Books |
| A Terrible Thing Happened | the book explores the emotional struggles faced by children who have witnessed a traumatic event. | A Terrible Thing Happened: A Story for... by Margaret M. Holmes (amazon.co.uk) |

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| | From anxiety and nightmares to anger and trouble, it portrays the range of feelings commonly experienced by young trauma survivors. | |
| When Harley Has Anxiety | A skills activity workbook to help manage worries and fears. | <u>When Harley Has Anxiety: A Fun CBT Skills Activity Book to Help Manage Worries and Fears: A Fun CBT Skills Activity Book for Overcoming Worries and Fears : Regine Galanti, Vicky Lommatzsch, Vicky Lommatzsch: Amazon.co.uk: Books</u> |
| A Different Sort of Normal | The beautiful true story of one girl's journey growing up autistic - and the challenges she faced in the 'normal' world | <u>A Different Sort of Normal: Amazon.co.uk: Balfe, Abigail, Balfe, Abigail: 9780241508794: Books</u> |
| You Are Awesome: Find Your Confidence and Dare to be Brilliant at (Almost) Anything | Practical, insightful and positive, this is the book to help children build resilience, embrace their mistakes and grow into successful, happy adults. | <u>You Are Awesome: Find Your Confidence and... by Syed, Matthew (amazon.co.uk)</u> |
| What Do YOU Think?: How to agree to disagree and still be friends | The third children's book by bestselling mindset author and two-time Olympian, Matthew Syed will help readers to find their voice, flex their social superpowers, and speak up with kindness and confidence. | <u>What Do YOU Think?: How to agree to disagree and still be friends: Amazon.co.uk: Syed, Matthew: 9781526364937: Books</u> |

| Helpful Apps | | |
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| Dreamy Kid Meditation Ages 3-17 | This app is for parents who want to involve their families in meditation and mindfulness activities | DreamyKid • Kids Meditation App • DreamyKid The #1 Kids Meditation App |
| Mind Doc Ages 17+ | An app to log your moods and your mental health. It asks you to fill out questions for 14 days and then gives you an insight on and summarise your symptoms, behaviours and genral emotional wellbeing to help you recognise patterns and find the best resources for you. | MindDoc: Your Mental Health Companion |
| Smiling Mind Ages 7+ | Meditation and mindfulness for all ages. The content is personalised for different age groups. They also have programmes developed in other languages. | Smiling Mind |
| Stay Alive Ages 4+ | This is a suicide prevention recourse with useful information and tools to help people in a crisis. It includes a customisable safety and wellness plans, guidance and advice for supporting someone in a crisis. | StayAlive - Essential suicide prevention for everyday life |
| Calm Harm Ages 13+ | This app provides some immediate techniques to help break the cycle of self-harm behaviours and explore the underlying triggers. | Home - Calm Harm App |
| DistrACT | This app provides self-harm and suicide prevention information. Includes a 'chill zone' for relaxation. | distrACT Waiting Room (nclwaitingroom.nhs.uk) |

MyPossibleSelf
Age 18+

Includes a journal and mood diary to track how you are feeling and offers advice and information on healthy living.

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





STAY SAFE CARD

No Limits youth workers are here to support you with free and confidential advice by phone or at our Advice Centre during the following hours:

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| Mon: 10am-5pm | Weds: 1:30-8pm | Fri: 10am-5pm |
| Tues: 10am-5pm | Thurs: 10am-8pm | Sat: 10am-1.30pm |

Phone: 02380 224 224
Visit: 13 High Street, Southampton, SO14 2DF
Web chat: www.nolimitshelp.org.uk (Mon - Fri: 2pm-4pm)

www.nolimitshelp.org.uk

Safe Havens: An out of hours service for young people experiencing difficulties with their mental health - for enquiries, call: 02380 224224 (during office hours) or our website.

Outside of our operating times you can call 111
In an emergency, phone 999








USEFUL WEBSITES

The Samaritans

Call: 116 123
 Email: Jo@samaritans.org
 24 hours, 7 days a week
www.samaritans.org

Young Minds

Text: 85258
 24 hours, 7 days a week
www.youngminds.org.uk

KOOTH

www.kooth.com
 Online mental wellbeing community
 Free, safe and anonymous support

Childline

Call: 0800 1111
 7:30am-midnight (Mon-Fri) 9am-midnight (Sat & Sun)
www.childline.org.uk

USEFUL SELF-HELP APPS



Calm Harm



distrACT



WellMind



Catch It













MyPossibleSelf

No Limits (South) is a registered charity in England and Wales. **Registered Charity No:** 1088835
Registered address: 35 The Avenue, Southampton, SO17 1XN **Website:** www.nolimitshelp.org.uk

A Simple Mental Health Pain Scale

thegracefulpatient.wordpress.com

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| MILD |  | 1 | Everything is a-okay! There is absolutely nothing wrong. You're probably cuddling a fluffy kitten right now. Enjoy! |
| |  | 2 | You're a bit frustrated or disappointed, but you're easily distracted and cheered up with little effort. |
| |  | 3 | Things are bothering you, but you're coping. You might be overtired or hungry. The emotional equivalent of a headache. |
| MODERATE |  | 4 | Today is a bad day (or a few bad days). You still have the skills to get through it, but be gentle with yourself. Use self-care strategies. |
| |  | 5 | Your mental health is starting to impact on your everyday life. Easy things are becoming difficult. You should talk to your doctor. |
| |  | 6 | You can't do things the way you usually do them due to your mental health. Impulsive and compulsive thoughts may be hard to cope with. |
| SEVERE |  | 7 | You're avoiding things that make you more distressed, but that will make it worse. You should definitely seek help. This is serious. |
| |  | 8 | You can't hide your struggles anymore. You may have issues sleeping, eating, having fun, socialising, and work/study. Your mental health is affecting almost all parts of your life. |
| |  | 9 | You're at a critical point. You aren't functioning anymore. You need urgent help. You may be a risk to yourself or others if left untreated. |
| |  | 10 | The worst mental and emotional distress possible. You can no longer care for yourself. You can't imagine things getting any worse. Contact a crisis line immediately. |