**Hampshire Resource Pack**

*Please note we update our resource pack every quarter. If you have any services you feel would be helpful to have on our resource pack please email* *counsellingtriage@nolimitshelp.org.uk**.*

Locations

[Hampshire-wide or multiple locations 1](#_Toc1297292075)

[North East Hampshire and Frimley 6](#_Toc1733343029)

[Havant and East Hampshire 7](#_Toc582835394)

[Eastleigh 8](#_Toc1978885865)

[Fareham and Gosport 8](#_Toc1596232653)

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| **Service** | **Location** | **Description** | **Website or contact details**  |
| Hampshire-wide or multiple locations |
| No Limit Mental Health Transition | Hampshire | Our support will be tailored to your individual needs and can be around any transitions you’re going through, including going from child to adult services, and getting support for the first time as an adult. | [16-25 Mental Health Transitions | No Limits](https://nolimitshelp.org.uk/mental-health-and-wellbeing/16-25-transitions/) |
| CAMHS (Hampshire) | 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](https://hampshirecamhs.nhs.uk/) |
| Hampshire SENDIASS | Hampshire | 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](https://www.hampshiresendiass.co.uk/) |
| Autism Hampshire | Southampton and Hampshire | They can provide information, advice and guidance for individuals on the autistic spectrum, their families and professionals pre, post and during assessment and diagnosis. | [autismhampshire.org.uk](https://www.autismhampshire.org.uk/) |
| Hampshire MASH  | Hampshire  | The MASH team share information from every agency. They make assessments and decisions. The most appropriate intervention is agreed in response to the person’s identified needs. | [Multi Agency Safeguarding Hub (MASH) | Children and Families | Hampshire County Council](https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/safeguardingchildren/childprotection/mash) |
| Stop Domestic Abuse | Hampshire and Portsmouth | 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](https://stopdomesticabuse.uk/) |
| Community first  | Hampshire | Community First is a registered Charity operating in Hampshire which enables individuals and local groups to be the difference they want to see in their local communities. | [About - Community First](https://www.cfirst.org.uk/about/) |
| Citizen Advice | Uk Wide | We are here to help everyone who needs it with practical advice you can really trust. Our national charity and network of local charities offer confidential advice online, over the phone, and in person, for free. | [Citizens Advice](https://www.citizensadvice.org.uk/) |
| The Prince’s Trust  | UK wide | 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. | [Explore our support | King's Trust courses and programmes](https://www.kingstrust.org.uk/how-we-can-help/explore-all-support) |
| Hampshire Parent and carer | Hampshire | Hampshire Parent Carer Network (HPCN) in partnership with Hampshire CAMHS deliver monthly meetings across the county. This is a great opportunity to meet other parents & carers and hear about their lived experience, of supporting a child or young person with mental health and/or emotional difficulties. At meetings clinical experts deliver talks on a variety of topics. | [Hampshire Parent and Carer Network | Future in Mind](https://www.hpcn.org.uk/future-in-mind/) |
| Breakout Youth  | Hampshire | Support for young people, parents/carers and professionals supporting LGBTQ+ young people. | [Breakout Youth: LGBTQ+ Support Hampshire & Isle of Wight](https://breakoutyouth.org.uk/) |
| Sport in mind | Hampshire | Young people are invited or can be referred to join Sport in Mind sessions after school to get active and have fun with others in a relaxed, supportive, friendly environment. | <https://www.sportinmind.org/youth-community> |
| Honey Pot | Hampshire | In the UK nationwide, we give young carers a break from demanding and stressful responsibilities at home and provide a safe, nurturing environment where children at risk can develop their full potential. | [About Us | The Honeypot Children's Charity](https://www.honeypot.org.uk/about-us) |
| Frankie Service | Hampshire and Portsmouth  | 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)](https://www.hampshire-pcc.gov.uk/funding/frankie-workers) |
| Hampton Trust | Southampton and Hampshire | 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](https://hamptontrust.org.uk/) |
| Activ8 | Hampshire | We at Active8 Minds® pride ourselves on delivering fun and engaging sports and creative activities to children aged 3-16.From wraparound childcare and holiday clubs to sports clubs and primary school PE, we ‘ve got you covered. | [Home - Active8 Minds®](https://active8minds.co.uk/) |
| Motiv8 | Portsmouth, Havant, Gosport and Fareham | At Motiv8, provide a range of activities to support and help inspire vulnerable young people (7 and up). | [Gosport & Fareham Charity | Helping Young People | MOTIV8](https://motiv8.org.uk/our-activities-gosport/) |
| Y Service | Winchester, Portsmouth, Havant, Gosport and Fareham | 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](https://yservices.co.uk/) |
| Light up  | Eastleigh, Hamble, Fareham and Gosport | Our one-hour lessons are designed to boost confidence, encourage play and imagination and to increase young people's self-esteem through participating in a varied and exciting drama class programme. Young people learn new skills, make new friends and learn about teamwork through games, activities and script work in a relaxed and supportive atmosphere. | [Light UP Class](https://www.lightupdrama.org.uk/classes) |
| Winchester Youth Counselling  | Winchester | Providing a free confidential counselling service for young people up to the age of 25. Using professionally trained staff in an open atmosphere of trust and honesty, Winchester Youth Counselling offer short-term or longer-term counselling, advice, support and help to parents, carers, relatives and professionals. | [Home » Winchester Youth Counselling](https://winchesteryouthcounselling.org/) |
| Alabare | Andover | Alabare counselling service for young people 11- 17 in the Andover area. | [Counselling Services for Young People - Alabare](https://www.alabare.co.uk/home/counselling-services-for-young-people) |
| Yellow Brick Road Projects | Andover | Our mission is to engage and educate young people by supporting them to learn life skills that reduce the impact of poverty, risk of experiencing homelessness and loneliness. | [yellowbrickroadprojects.com](https://yellowbrickroadprojects.com/) |
| YPI | Basingstoke | Providing Mental Health and emotional support to young people aged 11 to 25 years old and parents of all ages through a range of interventions including 1:1 counselling sessions, group work and psycho-educational activities. | [ypicounselling.co.uk](https://www.ypicounselling.co.uk/) |
| North East Hampshire and Frimley  |
| No Limit Safe Haven | Aldershot, Farnborough, Fleet and Yatley | Our Safe Haven offer out-of-hours open-access and one-to-one crisis support for young people experiencing difficulties with their mental health aged 10 – 17. | [Safe Haven & Space 4U | Mental Health Crisis | No Limits](https://nolimitshelp.org.uk/mental-health-and-wellbeing/safe-havens/) |
| Step by Step | Aldershot and Frimley. | Supporting local young people aged 11 - 17 who are going through hard times. | [stepbystep.org.uk](https://www.stepbystep.org.uk/) |
| Vision4Youth | Farnborough | A charity providing Youth Clubs, Services, training and employment in Yateley and the surrounding areas. | [vision4youth.org.uk](https://vision4youth.org.uk/) |
| 40 Degreez | Farnham | Hangout ClubA chance for young people in school years 6-9 to have fun.The Hangout Club runs every Friday afternoon from 3.30pm to 5pm during term time at the 40 Degreez Centre. We aim to help bridge the gap between primary and secondary schools around Farnham. | [Hangout – 40 Degreez](https://40degreez.org.uk/youth-services/40-degreez-clubs/hangout) |
| Fleet Phoenix | Fleet | Fleet Phoenix creates opportunities for early intervention with young people in Hart district to break down barriers and empower the community to thrive. To deliver on this mission we coordinate music projects, youth clubs and mentoring projects as well as community outreach programmes to the young people of rural and urban Hart district. | <https://www.fleetphoenix.co.uk/> |
| The Source | Aldershot | Our vision is to see all local young people, who are struggling with their mental health and wellbeing, living fulfilled, thriving and hopeful lives. | <https://www.thesourceforyou.co.uk/what-we-do> |
| Fortify Service | Farnborough | Being a teen is tough. We understand the pressures that kids growing up in the 2020s are going through from social media to exam pressure, from family life to battling low self esteem and anxiety. If left unchecked, teenagers mental health can suffer greatly, leading to damage that stays with them through adulthood. | <https://www.fortify-services.com/>  |
| Havant and East Hampshire |
| Mind: Havant and East Hants | Havant and East Hampshire | We provide immediate access to help, support and advice for children and young people aged 11-17 who need support with their mental health. | [Children and Young People’s Wellbeing – Havant & East Hants Mind](https://www.easthantsmind.org/wellbeing-services/children-and-young-peoples-wellbeing/) |
| The Lighthouse Project (Havant) | Havant | Including supported activities, games, crafts, wellbeing focused workshops, refreshments, cooking sessions, 1 to 1 and peer support, signposting. | [The Lighthouse Project – Havant & East Hants Mind](https://www.easthantsmind.org/wellbeing-services/children-and-young-peoples-wellbeing/the-lighthouse-project/) |
| Eastleigh |
| Solent Youth Action | Eastleigh | A youth provision charity supporting vulnerable young people aged 10 – 25.  | [solentyouthaction.org.uk](https://www.solentyouthaction.org.uk/) |
| Eastleigh Youth Counselling | Eastleigh | Youth Wellbeing Service for Young people from the ages of 11- 19. | [Young Person Counselling | Eastleigh Youth Counselling Service (eycs.co.uk)](https://www.eycs.co.uk/) |
| Youth Options  | Eastleigh | We provide a safe space where young people can be heard, supported, and empowered. Through bespoke support, alternative provision, and skills development, we help them build self-belief, improve their mental well-being, and develop the tools they need to navigate life’s challenges. But we can’t do it alone. | [Youth Support • Children & Youth Charity • Targeted Support](https://youthoptions.org.uk/) |
| Fareham and Gosport |
| Moving on Project  | (Fareham & Gosport) | The Moving On Project’s vision is to improve the emotional health and wellbeing of young people aged between 11-25 in Fareham, Gosport and surrounding areas, so that they can achieve their full potential.  | [the-mop.org](https://www.the-mop.org/) |
| More Education Koala | Andover | Providing support for local autistic and neurodivergent people, and those with learning disabilities. | [Home | More Education](https://www.moreeducation.co.uk/) |