**Portsmouth 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.*

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| **Service** | **Location** | **Description** | **Website or contact details**  |
| 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) |
| Self-harm hub | Portsmouth | 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](https://www.portsmouth.gov.uk/services/health-and-care/health/mental-health/mental-health-support-for-young-people-semh/mental-health-support-guidance-for-11-16-year-olds/self-harm-support-for-11-16-year-olds/) |
| Portsmouth 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](https://www.solent.nhs.uk/our-services/services-listings/child-and-adolescent-mental-health-camhs-portsmouth/) |
| Portsmouth MHST | Portsmouth | Mental Health in Schools Team. Offering support and advice. | [Mental Health Support Teams - Portsmouth Education Partnership](https://www.portsmoutheducationpartnership.co.uk/inclusion/emotional-health-and-wellbeing/mental-health-support-teams/) |
| Portsmouth Youth ClubsPlay, Youth, Community | Portsmouth | Play and Youth spaces support from early childhood into adulthood, providing safe recreational spaces which are also informal educational environments, where children and young people are supported with their mental health and wellbeing. | [Portsmouth Youth Clubs - PYC Portsmouth](https://www.pycportsmouth.co.uk/youth/) |
| 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/) |
| Young carers Portsmouth Service | Portsmouth | Support for young carers in the Portsmouth Area | [Young carers - Portsmouth City Council](https://www.portsmouth.gov.uk/services/health-and-care/adult-social-care/support-for-carers/young-carers/) |
| Portsmouth LGBTQ service | Portsmouth | The Early Help and Prevention Service’s LGBTQ+ Team supports young people exploring their gender identity/sexuality and their families. | [Support for LGBTQ young people and families - Portsmouth City Council](https://www.portsmouth.gov.uk/services/health-and-care/children-and-families/early-help-and-prevention-service/lgbtq-young-people-and-their-families/support-for-lgbtq-young-people-and-families/) |
| 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/) |