**Southampton 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**  |
| No Limits | Southampton | We offer a wide range of support for young people aged 11 – 25 including counselling, groups, our advice centres and Safe Havens. | [Our Services | No Limits | Young People's Support Charity](https://nolimitshelp.org.uk/our-services/) |
| Southampton CAMHS | Southampton | 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 Service (CAMHS) Southampton | Solent NHS](https://www.solent.nhs.uk/our-services/services-listings/child-and-adolescent-mental-health-service-camhs-southampton/) |
| Re;minds | Southampton | Southampton-based and parent-led support group for families of children with autism or mental health issues.  They meet regularly and members from the CAMHS West team are regularly represented at their meetings to talk on specific topics.  | [reminds.org.uk](https://www.reminds.org.uk/) |
| SENDIASS | Southampton and Hampshire | Aims to empower children and young people with special educational needs/ disabilities and their parents/ carers to make informed decisions about education, health and social care. | [SENDIASS | Home | KIDS](https://www.kids.org.uk/sendiass) |
| 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/) |
| Yellow Door | Southampton  | We offer a wide range of specialist therapeutic, support & prevention services to anyone at risk from or affected by domestic abuse, sexual violence/abuse or other forms of interpersonal harm. | [Homepage - Yellow Door](https://yellowdoor.org.uk/) |
| Breakout Youth | Southampton and Hampshire | We offer a confidential support for young people aged 11 to 25, who are lesbian, gay, bisexual, transgender, questioning or unsure of their sexuality or gender identity; across Hampshire and the Isle of Wight. | [Breakout Youth: LGBTQ+ Support Hampshire & Isle of Wight](https://breakoutyouth.org.uk/) |
| Beyond Reflections | Southampton | Beyond Reflections is a charity working to create a safe community for trans+ people and their allies, providing support designed with and for the community. | [For Members — Beyond Reflections](https://beyond-reflections.org.uk/for-members) |
| Southampton Children Resource service | Southampton | Through our Family Help model we aim to improve outcomes for children and families in Southampton and at the same time reduce the demands upon specialist and statutory, higher tier services. | [Family Help for families](https://www.southampton.gov.uk/children-families/childrens-social-care/early-help-for-families/) |
| Southampton Family Trust  | Southampton | We provide information, parenting courses, couple work and one-to-one support for the various life stages, difficulties and joys that family life brings. | [Welcome - Southampton Family Trust](https://www.sftrust.org.uk/) |
| Saints Foundation | Southampton | We exist to support people in need throughout Southampton, providing life-changing opportunities to help our city and its communities thrive.Our vision – a city where everyone has an equal opportunity to succeed. | [Saints Foundation | Southampton FC Official Site](https://www.southamptonfc.com/en/saints-foundation-home) |
| Two Saints | Southampton | Our community support team offer advice and support to anyone aged 18 and over with homelessness, eviction notices, housing options, benefits, budgeting and managing a tenancy. | [twosaints.org.uk](https://www.twosaints.org.uk/) |