

Mental Health Matters



The practitioners guide to low level support



Produced by New Forest
Local Children's Partnership

Every reasonable step has been taken to ensure the validity of the services within this guide. However, Community First New Forest cannot guarantee the quality of services or activities offered. The inclusion of an organisation does not imply a recommendation or endorsement by Community First New Forest. Users should make their own enquiries.

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ABUSE

Abuse can come in many forms, such as: physical or verbal maltreatment, injury, assault, violation, rape, unjust practices; crimes, or other types of aggression. There are a variety of organisations that provide support to those affected by abuse.

Signs of Abuse and Abusive Relationships

<http://www.helpguide.org/articles/abuse/domestic-violence-and-abuse.htm#signs>

- Contact Childline - www.childline.org.uk
- NSPCC - www.nspcc.org.uk
- Violence & abuse in teenage relationships - www.homeoffice.gov.uk/media-centre/news/TRA
- Young Minds - www.youngminds.org.uk/for_children_young_people/whats_worrying_you/abuse

ADHD

Attention deficit hyperactivity disorder (ADHD) is a group of behavioural symptoms that include inattentiveness, hyperactivity and impulsiveness. Attention deficit disorder (ADD) is a sub-type of ADHD. Common symptoms of ADHD include:

- a short attention span
- restlessness or constant fidgeting
- being easily distracted

ADHD can occur in people of any intellectual ability. However, many people with ADHD also have learning difficulties. They may also have additional problems such as sleep disorders.

New Forest Parenting Programme

NFPP began life as a parenting course for the parents of children with Attention Deficit Hyperactivity Disorder (ADHD). This remains its primary function but, with the assistance of NHS Innovations South East, NFPP has more recently developed a range of additional resources for parents, teachers and those working with children with ADHD. These include a self-help manual and a DVD entitled 'Living with ADHD'.

Tel. 01480 364925

www.healthinnovationsalliance.org.uk/index.php/showcase/34-new-forest

The Phoenix Project

A short video about ADHD produced by some of the young people who attend the Phoenix Project and parents.

Tel. 028 7000 2050 Email. info@phoenixadhdproject.org

www.phoenixadhdproject.org/young-persons-page/

Support group for parents of children with ADHD

The first Thursday of every month: An informal support network, with sessions of teaching from CAMHS.

Tel. 023 8086 0320

Email. info@youthandfamiliesmatter.org.uk

www.youthandfamiliesmatter.org.uk/parent-support-groups

Sometimes schools can enable educational support such as special help from a trained teacher outside the child's class plus extra help within the class to enable a child with ADD or ADHD to remain in mainstream school. Sometimes a statement of SEN will be issued.

Some Children's Centres offer help. See Page 28 of this guide.

www.youngminds.org.uk/for_children_young_people/whats_worrying_you/adhd

www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder/Pages/Introduction.aspx

www.autism.org.uk/about-autism/related-conditions/adhd-attention-deficit-hyperactivity-disorder.aspx

Anxiety and Stress

Anxiety is a normal, if unpleasant, part of life, and it can affect us all in different ways and at different times. Whereas stress is something that will come and go as the external factor causing it (be it a work, relationship or money problem, etc) comes and goes, anxiety is something that can persist whether or not the cause is clear to the sufferer.

It's Your Choice

If you're aged between 12-25 and need help, we are here for you. We try not to turn anyone away. We can offer you advice and guidance through our one-to-one drop in sessions. Our services include:

- accommodation advice
- counselling
- drug and alcohol prevention
- anger management and help with getting into education, work or training.

Drop-Ins available:

- Totton 37 Salisbury Road - Monday, Thursday & Friday 2-5pm
- Totton Trinity Church Peer Soup Project, Monday 2-5pm & late night Friday 6-9.30pm
- Holbury Colors Youth Centre - Tuesday 2.30-5pm
- Fordingbridge Salvation Army Hall - Friday 3-6pm
- New Milton Arnewood School - Wednesday 3-5pm

Freephone Helpline 0800 515 819 (Free from landlines and some mobile providers, please check with your service provider)

www.iyc.org.uk

Solent Mind

Self Help groups for Depression and Anxiety; Psychosis/Mania/Voice SH Group
28 The Avenue, Southampton, Hants SO17 1XN. Access: self-referral and referral.

Tel. 023 8202 7810

www.solentmind.org.uk/default.aspx

italk

italk is an Improving Access to Psychological Therapies (IAPT) service which is delivered as a partnership between Solent Mind and Southern Health NHS Foundation Trust. Italk is for anyone over 16 years living in the Eastleigh, Winchester and New Forest areas experiencing mild to moderate depression/anxiety.

Access: self-referral and referrals from GPs.

www.italk.org.uk

Tel. 023 8038 3920, Fax. 023 8061 3391,

Email. info@italk.org.uk

Tides

A group of people from very different backgrounds who share a common experience and concern, namely depression and anxiety.

Tel. 023 8086 0320

Email. info@youthandfamiliesmatter.org.uk

Mental Health Peer Support

Youth In Romsey

If you are a young person and are struggling to cope with everyday situations, just contact us and we will aim to get back to you within 24 hours.

Tel. 01794 500581.

Email. youthinromsey.yir@gmail.com or

Address: 23 Bell Street, Romsey, Hampshire. SO51 8GY.

More support can be found at www.mindfull.org or www.youngminds.org.uk

School Counsellors

Many schools offer a counselling service for pupils.

ELSA Network

ELSAs are Emotional Literacy Support Assistants. They are teaching assistants who have received specific additional training from educational psychologists from whom they receive on going supervision following training. Their role is to support children and young people in school to understand and regulate their own emotions whilst also respecting the feelings of those around them.

The ELSA Network supports and assists ELSAs in their valuable work, as well as helping area co-ordinators to publicise ELSA work in their locality. Many local authorities across England and Wales now have ELSAs in their schools. Only a minority of local authorities implementing ELSA are represented on this website. Area coordinators may request creation of a local space in the ELSA Around the UK section by contacting the Network Manager. <http://elsanetwork.org/>

Heads UP

Heads UP service aims to equip students aged 15-24 with the facts and armory necessary to ensure mental health discrimination becomes a thing of the past. By working closely with schools, college and universities to enable those who have experienced a mental health problem a platform on which to talk openly about their experiences, we aim to stamp out stigma across the New Forest classrooms.

Tel. 07758886001

Email. headsup@solentmind.org.uk

- www.anxietyuk.org.uk/get-help-now/anxiety-information/
- www.youngminds.org.uk/for_children_young_people/whats_worrying_you/anxiety
- kidshealth.org/teen/your_mind/mental_health/anxiety.html

The practitioners guide to low level support

- www.mind.org.uk/help/diagnoses_and_conditions/anxiety
- www.rethink.org/living-with-mental-illness/young-people

Autism

Autism is a lifelong developmental disability that affects how a person communicates with, and relates to, other people. It also affects how they make sense of the world around them. It is a spectrum condition, which means that, while all people with autism share certain difficulties, their condition will affect them in different ways.

Some people with autism are able to live relatively independent lives but others may have accompanying learning disabilities and need a lifetime of specialist support. People with autism may also experience over- or under-sensitivity to sounds, touch, tastes, smells, light or colours.

Hampshire Autistic Society - Advice, Guidance, Signposting

Hampshire Autistic Society is an Independent Regional Charity providing services and support for people with autism, and those connected to them across Hampshire and the surrounding areas. Services include: Outreach including support, advice, autism training, Autism Alert Programme, information, library and resources; Children's Services; Autism Specialist School; Adult Services; Domiciliary Care Services; Supported Living Services; University Support Services; Training and Development; Fundraising.

Access: self-referral and referrals from professionals.

Tel. 01489 880881

Email. info@autismhampshire.org.uk

www.autismhampshire.org.uk

Twitter: @HampshireAutism

Families Matter

Support Groups for Parents/Carers of children on the Autistic Spectrum (WASSP). Cornerstone, Hythe URC, New Road, Hythe, Southampton SO45 6BR.

Tel. 023 8020 7623

Email. familiesmatter@hytheurc.org.uk

www.families-matter.org.uk

New Milton ASD meetings

Email. d.lenton@arnewood.hants.sch.uk for details.

Children's Centres

Some Children's Centres offer help. See Page 28 of this guide.

CAMHS consultation line

Do you work with children and young people? Are you concerned about their current emotional or mental health? Would you find it useful to discuss how to meet their needs?

The specialist CAMHS consultation line provides an opportunity to talk with a mental health professional. They will be able to offer advice on referring to

Specialist CAMHS or discuss alternative strategies/services that will best meet a young person's needs.

Tel. 02380 743000 Mon-Fri 12noon-1pm, you can leave a message at any time and we will call you back between these times.

- www.nas.org.uk/autism
- www.youngminds.org.uk/for_children_young_people/whats_worrying_you/autism_aspergers

Bereavement

The death of someone close to you can be emotionally devastating. You might find you experience a range of physical and emotional symptoms as you come to terms with your loss.

Simon Says Child Bereavement Support

Bereavement support for children, young people and their families in Hampshire. Simon Says offers a helpline; support groups for children under 11 years and young people 11-18 years; befriending and counselling; information, resources and advice; support and training for professionals working with bereaved children and young people. Ages up to 18 years.

Access: self-referral and referrals from professionals.

Tel. 08453 055 744 or Support Line No. 023 8064 7550

Email. info@simonsays.org.uk

www.simonsays.org.uk

Facebook: Simon Says Child Bereavement Support.

Twitter: @simonsayscbs.

CRUSE New Forest

Cruse New Forest Area runs from the Waterside in the east to Poole in the west and from Salisbury District through the New Forest down to the coast. We have over 100 trained bereavement volunteers. Through the skills and commitment of our volunteers we help bereaved people at one of the most difficult times of their lives.

Our bereavement support is confidential and free to individual clients but we are grateful for donations which enable us to continue to provide our service for others.

Tel. 01202 302000

Email. newforest@cruse.org.uk

www.newforestcruse.org.uk/new-forest

- www.childbereavement.org.uk/
- www.counselling-directory.org.uk/bereavement.html
- www.winstonswish.org.uk/
- foryoungpeople.winstonswish.org.uk/
- www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/
- www.moodjuice.scot.nhs.uk/bereavement.asp

Behaviour problems

Children's behaviour can be disruptive and difficult at times. For some children, serious behaviour difficulties become a pattern that can include acting impulsively, reacting with aggression, refusing to follow reasonable directions, and defying adult authority. These behaviour difficulties interfere with children's social and academic development and can have serious consequences for their mental health.

Behaviour Support Team

Working together to support children in school. The Behaviour Support Team works proactively to support children with behavioural, emotional and social difficulties in school. The Team works predominantly at primary school level and one transition from KS2 to KS3 and works with children, families and schools.

Access: requests for support are taken from schools. Parents can request support from their child's school.

New Forest Behaviour Support Team,
The Clifford Centre,
Calmore Drive,
Calmore,
Southampton,
SO40 2ZX,
Tel. 023 8066 1777

New Forest Parent Support Advisors

Donna Lenton d.lenton@arnewood.hants.sch.uk

Parent/behaviour support workers within many schools - check with individual schools.

- www.youngminds.org.uk/for_parents/worried_about_your_child/behaviour_problems
- www.netdoctor.co.uk/adhd/worriedaboutyourchildsbehaviour.htm
- www.nhs.uk/Conditions/pregnancy-and-baby/pages/dealing-with-difficult-behaviour.aspx

Families Matter

Managing Angry Feelings (A 6 week course for parents of children with anger issues). Run twice a year. This course has been developed by Hampshire Educational Psychology Service. Cornerstone, Hythe URC, New Road, Hythe, Southampton SO45 6BR

Supporting Parents and Teenagers Parenting Course once a year.

Tel. 023 8020 7623,

Email. familiesmatter@hytheurc.org.uk

www.families-matter.org.uk

Youth and Families Matter

One-to-one support with families.

One-to-one support with a number of families, who are struggling with certain issues in their life. Those issues include:

- Family breakdown
- Parenting concerns
- Mental Health issues
- Illness or disability within the family

Their role is to provide a listening ear, to give information, advice and guidance. They will also accompany them to appointments if necessary, or signpost them to the more specialised agencies if needed.

As well as emotional support, we are able to offer practical support where necessary, often to motivate and encourage an individual, including shopping, helping with gardening or housework, or decorating a room. Our Befrienders support the family workers by working alongside certain families. We also offer:

SPOT - Supporting Parents of Teenagers

A course looking at topics such as:

- Communication
- Rules & Boundaries
- Conflict
- Parenting Styles

Tel. 023 8086 0320

Email. info@youthandfamiliesmatter.org.uk

www.youthandfamiliesmatter.org.uk

Schools

Parent/behaviour support workers operate in many schools. Check with individual schools.

The Incredible Years®

Is a series of interlocking, evidence-based programs for parents, children and teachers, supported by over 30 years of research. The goal is to prevent and treat young children's behaviour problems and promote their social, emotional and academic competence. The programs are used worldwide in schools and mental health centres and have been shown to work across cultures and socioeconomic groups. Administrators, teachers, therapists, and health care professionals agree that young children need developmentally appropriate and nurturing responses from parents and teachers that will prevent more serious problems, repair problematic relationships, and help them develop the social emotional skills they need to succeed in life. The Incredible Years® award-winning programs have been shown to reduce childhood conduct problems and strengthen social emotional learning, self-regulation and problem solving skills. This in turn prevents secondary outcomes involving crime and violence.

Incredible Years® Brochure -

<http://incredibleyears.com/download/administrators/brochure-final-web.pdf>

Incredible Years Parenting Programme - This programme rotates around the cluster of Children's Centres.

Call 01425 612113 for up-to-date information.

Hampshire Specialist CAMHS

For children and young people who are experiencing severe worries or problems, including disruptive behaviour, depression, anxiety, eating disorders or developmental problems. The service focuses on the most serious or complex situations, which can be managed on an 'outpatient' basis.

Access: referrals from professionals.

Hampshire Specialist CAMHS New Forest, Romsey, Ringwood and Fordingbridge,

www3.hants.gov.uk/childrens-services/childrenandyoungpeople/childmentalhealth/ehcypf/ehcypf-camhs.htm

Eating disorders

Eating disorders are characterised by an abnormal attitude towards food that causes someone to change their eating habits and behaviour. A person with an eating disorder may focus excessively on their weight and shape, leading them to make unhealthy choices about food with damaging results to their health.

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Access: referrals from professionals.

Hampshire Specialist CAMHS New Forest, Romsey, Ringwood and Fordingbridge,

www3.hants.gov.uk/childrens-services/childrenandyoungpeople/childmentalhealth/ehcypf/ehcypf-camhs.htm

- www.anorexiacarers.co.uk/
- www.b-eat.co.uk/Home
- www.mind.org.uk
- www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/treatment-and-support
- www.nhs.uk/Conditions/Eating-disorders/Pages/Introduction.aspx
- www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/
- www.mentalhealth.org.uk/help-information/a-to-z/E/eating-disorders/
- www.familylives.org.uk/advice/teenagers/health-wellbeing/eating-disorders-help/

Mood disorders

Most people feel sad or irritable from time to time. They may say they're in a bad mood. A mood disorder is different. It affects a person's everyday emotional state. Nearly one in ten people aged 18 and older have mood disorders. Mood disorders can increase a person's risk for heart disease, diabetes, and other diseases. Treatments include medication, psychotherapy, or a combination of both. With treatment, most people with mood disorders can lead productive lives.

Families Matter

Managing Angry Feelings Course
Cornerstone,
Hythe URC,
New Road,
Hythe,
Southampton
SO45 6BR
Tel. 023 8020 7623,
Email. familiesmatter@hytheurc.org.uk
www.families-matter.org.uk

It's Your Choice

It's Your Choice offers a free Counselling service to young people aged 12-25 in the New Forest. We try not to turn anyone away. We can offer you advice and guidance through our one-to-one drop in sessions. Our services include counselling and anger management.

Tel. Freephone Helpline 0800 515 819 (Free from landlines and some mobile providers, please check with your service provider)

www.iyc.org.uk

italk

italk is an Improving Access to Psychological Therapies (IAPT) service which is delivered as a partnership between Solent Mind and Southern Health NHS Foundation Trust. Italk is for anyone over 16 years living in the Eastleigh, Winchester and New Forest areas experiencing mild to moderate depression/anxiety.

Access: self-referral and referrals from GPs.

italk,
3rd Floor,
Black Horse House,
8-10 Leigh Road, Eastleigh,
Hampshire, SO50 9FH.
Tel. 023 8038 3920, Fax 023 8061 3391,
Email. info@italk.org.uk
www.italk.org.uk

SupportLine offers confidential emotional support to children, young adults and adults by telephone, email and post. They work with callers to develop healthy, positive coping strategies, an inner feeling of strength and increased self-esteem to encourage healing, recovery and moving forward with life. They also keep details of counsellors, agencies and support groups throughout the UK. At the end of this guide we list agencies, websites which can offer information, support and practical advice which you may find useful.

Tel. Helpline number 01708 765200

E-mail info@supportline.org.uk

www.supportline.org.uk

Youth In Romsey

If you are a young person and are struggling to cope with everyday situations, just contact us and we will aim to get back to you within 24 hours.

23 Bell Street

Romsey

Hampshire SO51 8GY

Tel. 01794 500581

Email. youthinromsey.yir@gmail.com

www.yir.org.uk

Schools

School counsellors offer help to under 16's in mild/moderate cases where there is absence of risk and it is not affecting attendance. Approach the individual school.

- http://www.youngminds.org.uk/for_children_young_people
- www.mindfull.org
- www.youngminds.org.uk

OCD—Obsessive Compulsive Disorder

Obsessive compulsive disorder (OCD) is a mental health condition where a person has obsessive thoughts and compulsive behaviour. An obsession is an unwanted, unpleasant thought, image or urge that repeatedly enters a person's mind, causing them anxiety.

Early onset anxiety with no dominant level of OCD that impact on functioning:

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23 Bell Street

Romsey

Hampshire SO51 8GY

Tel. 01794 500581

Email. youthinromsey.yir@gmail.com

www.yir.org.uk, www.mindfull.org or www.youngminds.org.uk

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Freephone Helpline 0800 515 819 (Free from landlines and some mobile providers, please check with your service provider)

Email. info@iyc.org.uk

www.iyc.org.uk

School counsellors - see individual schools.

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Access: self-referral and referrals from GPs.

Tel. 023 8038 3920, Fax 023 8061 3391,

Email. info@italk.org.uk

www.italk.org.uk

Suitable where dominant levels of OCD are present:

Hampshire Specialist CAMHS

For children and young people who are experiencing severe worries or problems, including disruptive behaviour, depression, anxiety, eating disorders or developmental problems. The service focuses on the most serious or complex situations, which can be managed on an 'outpatient' basis.

Access: referrals from professionals.

Hampshire Specialist CAMHS New Forest, Romsey, Ringwood and

Fordingbridge, www3.hants.gov.uk/childrens-services/childrenandyoungpeople/childmentalhealth/ehcypf/ehcypf-camhs.htm

- www.ocduk.org/
- www.nhs.uk/conditions/obsessive-compulsive-disorder/Pages/Introduction.aspx
- [www.mind.org.uk/information-support/types-of-mental-health-problems/obsessive-compulsive-disorder-\(ocd\)/](http://www.mind.org.uk/information-support/types-of-mental-health-problems/obsessive-compulsive-disorder-(ocd)/)
- www.ocdaction.org.uk

Psychosis

Psychosis is a medical word used to describe mental health problems that stop the person from thinking clearly, telling the difference between reality and their imagination, and acting in a normal way. The combination of hallucinations and delusional thinking can cause an often severe disruption to perception, thinking, emotion and behaviour. Experiencing symptoms of psychosis is often referred to as having a psychotic episode.

Early Intervention in Psychosis Function

The Early Intervention in Psychosis Function aims to engage people who are experiencing their first episode of psychosis. The function offers evidence based clinical interventions centred on education about psychosis, alongside pharmacological, psychological, social and family based interventions. Vocational advisor services for service users in the programme and carer's worker support for family and carers. The function also aims to increase the knowledge about early signs of psychosis for staff working in primary care, schools and all public and voluntary sectors who may come into contact with individuals who may be at risk of first episodes. Ages 14-35 years.

Access: referrals from professionals.

Early Intervention in Psychosis Function,
Access and Assessment Team,
West Area, Old School House,
Southampton Road,
Cadnam, Southampton, SO40 2NF.
EIP Lead, Dawn Pease.
Tel. 02380 816650,
Email. dawnpease@nhs.net

New Forest Care

Specialises in the treatment of more volatile or vulnerable young people aged between 10 -19, those who pose a specific risk to themselves and/or the community, whose placements elsewhere have broken down, or are at risk of permanent exclusion. NFC has considerable experience in liaising with multiple agencies. As a consequence, we have treated a number of young people subject to the M.A.P.P.A. process, Level 3 (inter-agency planning meetings for individuals who pose a threat to society through violence or sexual deviance), as well as individuals who have been "tagged".

Bartley Cross Cottage
Chinham Road
Bartley
Southampton SO40 2LF
Tel. 02380 817040

www.newforestcare.co.uk

- www.youngminds.org.uk/for_children_young_people/whats_worrying_you/psychosis
- www.mind.org.uk

Self-harm

Self-harm is when you hurt yourself as a way of dealing with very difficult feelings, old memories, or overwhelming situations and experiences. The ways you hurt yourself can be physical, such as cutting yourself. They can also be less obvious, such as putting yourself in risky situations, or not looking after your own physical or emotional needs.

- School counsellor in the first instance and if it is a mild/moderate/recent onset.
- CAMHS if the situation is chronic, you have accessed services with no progress and/or there is increasing risk to the young person.

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For children and young people who are experiencing severe worries or problems, including disruptive behaviour, depression, anxiety, eating disorders or developmental problems. The service focuses on the most serious or complex situations, which can be managed on an 'outpatient' basis.

Access: referrals from professionals.

Hampshire Specialist CAMHS New Forest, Romsey, Ringwood and

Fordingbridge, www3.hants.gov.uk/childrens-

services/childrenandyoungpeople/childmentalhealth/ehcypf/ehcypf-camhs.htm

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Hampshire SO51 8GY

Tel. 01794 500581

Email. youthinromsey.yir@gmail.com

www.yir.org.uk

www.mindfull.org or www.youngminds.org.uk

- www.youngminds.org.uk/for_children_young_people/whats_worrying_you/self-harm/self_harm_help
- www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/
- www.nhs.uk/conditions/Self-injury/Pages/Introduction.aspx
- selfharm.co.uk/home
- It's Your Choice 0800 515 819 www.iyc.co.uk

Separation and divorce

For children, divorce can be stressful, sad, and confusing. At any age, kids may feel uncertain or angry at the prospect of mom and dad splitting up. As a parent, you can make the process and its effects less painful for your children.

Cafcass

Cafcass stands for Children and Family Court Advisory and Support Service. Every year Cafcass helps over 145,000 children and young people who are going through care or adoption proceedings, or whose parents have separated and are unable to agree about future arrangements for their children. Cafcass is the voice of children in the family courts and helps to ensure that children's welfare is put first during proceedings.

Tel. 0300 456 4000

Information for adults www.cafcass.gov.uk/grown-ups.aspx

Information for children www.cafcass.gov.uk/children.aspx

Information for teenagers www.cafcass.gov.uk/teenagers.aspx

Parenting and Family Support - Family Lives (Parentline Plus)

Parenting and family support from Family Lives (formerly Parentline Plus) through our website, online chat,

Tel. Helpline 0808 800 2222 and parenting classes.

www.familylives.org.uk

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If you are a young person and are struggling to cope with everyday situations, just contact us and we will aim to get back to you within 24 hours.

23 Bell Street

Romsey

Hampshire SO51 8GY

Tel. 01794 500581

Email. youthinromsey.yir@gmail.com

www.yir.org.uk

www.mindfull.org or www.youngminds.org.uk

- www.helpguide.org/home-pages/family-divorce
- www.relate.org.uk/relationship-help/help-children-and-young-people
- www.relate.org.uk
- Youth Counselling at It's Your Choice 0800 515 819 www.iyc.co.uk
- Helping Your Child through Divorce
kidshealth.org/parent/positive/talk/help_child_divorce.html

Substance Misuse/Addictions

Drug and alcohol misuse is a complex issue. While the number of people with a serious problem is relatively small, someone's substance misuse and dependency affects everybody around them. Both drugs and alcohol can affect people's mental health, physical health, financial wellbeing and their relationships. If you or someone you know has a drug or alcohol problem, there is local help available.

Hampshire DAAT Drug and Alcohol Action Team

Information and support for adults and young people in Hampshire who are experiencing problems with drugs or alcohol, or concerned about their own or somebody else's drug or alcohol use. Ages 18+.

Access: self-referral and referrals from professionals.

www.hants.gov.uk/education/dat

New Forest Team,
Oaktree House,
Gooseberry Lane,
Off Christchurch Road,
Ringwood, BH24 1DN
Tel. 0300 124 0103 ext 6

Catch22

Prevent or stop alcohol and drug misuse. Young people are supported by a range of professionals, either as part of a family intervention or a specialist substance misuse service, to complete an individual treatment plan and dramatically reduce or cease consumption of substances. To speak to someone about what we can do for you, contact the team in the relevant area of expertise.

www.catch-22.org.uk/offers/substance-misuse/

Families Matter

Support Groups for Families Coping with Addiction (Our Time)

Parenting Courses

Cornerstone,

Hythe URC,

New Road,

Hythe,

Southampton SO45 6BR

Tel. 023 8020 7623,

Email. familiesmatter@hytheurc.org.uk

www.families-matter.org.uk

Hampshire County Council Substance Misuse Team

The Substance Misuse Team sits within Adult Services and covers the whole of Hampshire. It is made up of qualified and unqualified social workers plus a Senior Practitioner. hp-tr.SubstanceMisuse@nhs.net

www.3.hants.gov.uk/adult-services/adultservices-professionals/hampshire-daad.htm

- www.nhs.uk/Livewell/Addiction/Pages/Addictionhome.aspx

Trauma and Post Traumatic Stress (PTSD)

Post-traumatic stress disorder (PTSD) is an [anxiety](#) disorder caused by very stressful, frightening or distressing events. PTSD can develop immediately after someone experiences a disturbing event or it can occur weeks, months or even years later. PTSD is estimated to affect about 1 in every 3 people who have a traumatic experience, but it's not clear exactly why some people develop the condition and others don't.

Youth In Romsey

If you are a young person and are struggling to cope with everyday situations, just contact us and we will aim to get back to you within 24 hours.

23 Bell Street

Romsey

Hampshire SO51 8GY

Tel. 01794 500581

Email. youthinromsey.yir@gmail.com

www.yir.org.uk

www.mindfull.org or www.youngminds.org.uk

- Young Minds
http://www.youngminds.org.uk/for_children_young_people/whats_worryin_g_you/post_traumatic_stress
- It's Your Choice 0800 515 819 www.iyc.co.uk

Southampton Rape Crisis

SRC provides a range of integrated, specialist services to those who are at risk of or who have been affected by an unwanted sexual experience. This may include anything from rape, childhood sexual abuse and sexual assault to harassment or coercion. Any unwanted sexual experience can have a significant impact on the individual both emotionally and physically. We work with young people (12+), men, women and families as well as providing information, advice and support to agencies who are working with affected individuals.

Tel. Helpline 02380 636313 (The phone number is confidential and will not show up on a phone bill or phone display).

Sunday: 7pm-10pm, Tuesday: 10am-1pm, Thursday: 1pm-4pm

What to expect

The helpline team can offer support in relation to the difficult feelings commonly experienced after sexual assault or abuse. Many clients find the relative anonymity of a crisis line a helpful way to begin talking and will then go on to access face to face counselling for more in-depth help. The team can also respond to callers who have experienced recent sexual assault and offer advice and information about what to do next if required.

<http://www.southamptonrapecrisis.com>

Specialist

Hampshire Specialist CAMHS

For children and young people who are experiencing severe worries or problems, including disruptive behaviour, depression, anxiety, eating disorders or developmental problems. The service focuses on the most serious or complex situations, which can be managed on an 'outpatient' basis.

Access: referrals from professionals.

Hampshire Specialist CAMHS New Forest, Romsey, Ringwood and Fordingbridge,

www3.hants.gov.uk/childrens-services/childrenandyoungpeople/childmentalhealth/ehcypf/ehcypf-camhs.htm

CAMHS consultation line

Do you work with children and young people? Are you concerned about their current emotional or mental health? Would you find it useful to discuss how to meet their needs?

The specialist CAMHS consultation line provides an opportunity to talk with a mental health professional. They will be able to offer advice on referring to Specialist CAMHS or discuss alternative strategies/services that will best meet a young person's needs.

Tel. 02380 743000 Mon-Fri 12noon-1pm, you can leave a message at any time and we will call you back between these times.

Educational Psychology Service

The service responds to requests for involvement/assistance in meeting the needs of children and young people with a wide range of learning and emotional needs. The service works in partnership with schools, parents/carers, voluntary organisations, health service and Local Authority departments. Approaches involve consultation with relevant adults and may include direct work with the child or young person. The informed consent of parents/carers or the young person is required. Services are also provided to support the development of practice in schools, pre-schools and other organisations. Ages 0-19 years.

Access: requests for support are taken from schools.

Eastleigh & New Forest and Winchester & Test Valley Teams

Children's Services

Department Local Office

Clarendon House

Monarch Way

Winchester SO22 5PW

Tel. 01962 876239, Fax 01962 870495

Other

Child Health Team

The Child Health Team includes Health Visitors and school Nurses. The Team aims to:

- Improve outcomes for children, young people and families at increased risk of poor health outcomes and identification of vulnerability.
- Support delivery of general education around health and well-being and supporting children with additional needs to access a full range of experiences and education.
- Strengthen the emotional and mental health/well-being of all children, young people and parents.
- Promote social inclusion through supporting engagement with local provision.
- Safeguard children and young people, to manage identified risks and provide timely and relevant health intervention.

Access: referrals from clients and professionals direct to teams.

Health visiting teams

Totton Team: Tel. 02380 427518, email. totton.hvt@nhs.net

Blackfield Team (Waterside); Tel. 02380 899269, email. waterside.hvt@nhs.net

Ringwood & Fordingbridge: Tel. 01425 483852, email. ringwoodandfordingbridge.hvt@nhs.net

New Milton; Tel. 01425 625341, email. hp-tr.NewmiltonHVT@nhs.net

Lymington; Tel. 01590 689275, email. lymington.hvt@nhs.net

Website: www.southernhealth.nhs.uk/services/children-services/health-visitors

School Nurse Teams - Home Educated

Totton and Waterside Team: Tel. 023 80 743258, email. hp-tr.TottonandWaterside@nhs.net

New Forest West Team (cover New Milton, Lymington, Lyndhurst, Ringwood and Fordingbridge schools); Tel. 01425 461749, email. hp-tr.newforestwest@nhs.net

School Nurses Teams

hp-tr.newforestandromseySN@nhs.net -2380 874537 Tatchbury Mount, Calmore

Website: www.southernhealth.nhs.uk/schoolnursing

Children's Centres

Children's Centres are places where children under 5 years old and their families can receive seamless holistic integrated services and information and can access multi-disciplinary teams of professions.

New Forest area:

All Seasons Children's Centre (Pennington), Tel. 01590 678390,
newforest@actionforchildren.org.uk

Cadland Children's Centre (Holbury), Tel. 023 8089 0877,
newforest@actionforchildren.org.uk

Forest First Children's Centre (Fawley), Tel. 023 8089 9704,
newforest@actionforchildren.org.uk

The Bridges Children's Centre (Fordingbridge), Tel. 01425 654193,
newforest@actionforchildren.org.uk

The Harbour Children's Centre (Eling), Tel. 023 8066 8683,
newforest@actionforchildren.org.uk

The Patch Children's Centre (Calmore), Tel. 023 8066 8047,
newforest@actionforchildren.org.uk

The Phoenix Children and Young People's Centre (New Milton), Tel. 01425 612113,
newforest@actionforchildren.org.uk

The Waterside Children's Centre (Hythe), Tel. 023 8084 5247,
newforest@actionforchildren.org.uk

Pathways Children's Centre (Ringwood), Tel. 01425 654193
newforest@actionforchildren.org.uk

Community First New Forest Young Carers Service

Information, support, advice and counselling for young carers.

Access: self-referral and referrals from professionals.

Community First New Forest

Archstone House

Pullman Business Park

Pullman Way

Ringwood

BH24 1HD

Tel. 01425 482773, Fax 01425 482666

Email. marie.shotbolt@cfnf.org.uk

Facebook: New Forest Young Carers Service

www.cfnf.org.uk/young_carers_project.html

It's Your Choice - advice and counselling for young people

Free and confidential information, advice and counselling for young people in the New Forest. Ages 12-25 years. Access: self-referral.

It's Your Choice

37 Salisbury Road

Totton, SO40 3HX

Tel. 023 8086 4231, Free phone helpline 0800 515819,

Email. manager.itsyourchoice@ukgateway.net

Twitter: @itsyourchoice

www.iyc.org.uk

Families Matter

Support groups for parents and families of children and young people in the Waterside area with ADHD, autism, mental health issues, additional needs or school transition. Also an adoptive parents' support group, parenting courses and anger management for parents.

Access: self-referral and referrals from professionals.

Families Matter,

Cornerstone,

Hythe Reformed Church,

New Road,

Hythe,

Southampton, SO45 6BR

Tel. 023 8020 7623,

Email. familiesmatter@hytheurc.org.uk

www.families-matter.org.uk

Hampshire Ethnic Minority and Traveller Achievement Service

The service aims to support schools and families across Hampshire in raising minority achievement, through projects, training and advisory support.

Access: referrals from professionals.

Hampshire Ethnic Minority and Traveller Achievement Service,

Dame Mary Fagan House, Lutyens Close, Basingstoke, Hants RG24 8AG,

Tel. 01256 330195

Email. emtas@hants.gov.uk

www.hants.gov.uk/ema

Turn Up For Fun - TUFF

Parenting support, workshops and courses for parents and carers of children from aged 18 months to teens, as well as sessions about alcohol and drugs, fussy eaters, homework ideas, surviving holidays and more. Plans for an informal support group for women are also underway this year. Play, craft and creative activities are also run for children, young people and families mainly during school holidays and after school.

Access: self-referral and referrals from professionals.

Turn Up For Fun (TUFF)

Contact: Mandy Robbins

Tel. [07799080067](tel:07799080067)

Email. turnupforfun@live.com

<https://sites.google.com/site/turnupforfun> and Facebook.

Support4SEND

Support4SEND provides free impartial information, advice and support to parent carers of children and young people with special educational needs and disabilities (SEND) and to children and young people with SEND throughout Hampshire. We cover the ages of 0 to 25, and offer support for any level of SEND.

We aim to empower parent carers to make decisions in the best interests of their child. We do this by offering guidance regarding the different options available so that informed decisions can be made. We never make decisions for people but support them in exploring their options, and where necessary, assisting them to get their views across on an equal basis with the professionals who are making provision for their child. We also offer the same support to children and young people themselves.

What can we do?

Parent carers, children and young people who contact the service can access:

- a confidential telephone helpline service
- a website where you can view information about our service and a range of resources relating to educational issues
- one to one support by telephone or email, or by visiting you
- someone to listen to your views and concerns, and help you to explore your options
- help to understand your, or your child's, rights around education
- help with discussions with your, or your child's, school/college, the Local Authority and other agencies so that your concerns are heard
- help to express your views in writing and at meetings
- someone to explain jargon and help you to understand complicated forms and documents
- support through the statutory assessment process towards an Education Health and Care Plan (EHCP)

- general written information about educational matters relating to SEND
- trained volunteer Independent Parental Supporters (IPS)
- information about other agencies and organisations who may be able to support you

We also offer presentations to support groups, and organise an annual [Special Needs Information Day](#).

Access: self-referral and referrals from professionals.

Tel. 01962 845870,

Email. enquiries@support4Send@hants.gov.uk

www.hants.gov.uk/parentpartnership

Youth & Families Matter

Variety of parenting courses for parents of children aged 0-16 years; One-to-one support for children in local primary and secondary schools; Family support

Groups: Youth Drop-In Sessions; Streetwise Project (mobile youth bus).

Youth & Families Matter
c/o Testwood Baptist Church
283a Salisbury Road
Totton SO40 3LZ

Tel. 023 8086 0320,

Email. info@youthandfamiliesmatter.org.uk

www.youthandfamiliesmatter.org.uk

The Handy Trust (Hythe & Dibden Youth Trust)

Provides information, support, guidance and things to do for young people living in the local areas of Hythe, Dibden, Fawley and Marchwood. Working in partnership we identify the needs and fulfil those needs through one to one and detached youth and community work. We provide school holiday activities, drugs & alcohol, sexual health and smoking cessation education. We act as appropriate adults, run trips & activities and provide drop-in sessions. Maximum age: 25. The service is available to those who live in the parishes of Hythe & Dibden, Fawley and Marchwood.

The Grove,
St John's Street
Hythe
Southampton
SO45 6BZ,

Tel. 07584 572019, 023 8084 1411

Email. candy.huxham@btconnect.com

www.facebook.com/TheHandyTrust

Useful links

- <http://www3.hants.gov.uk/childrens-services/childrenandyoungpeople/childmentalhealth/ehcypf/ehcypf-camhs.htm>
- www.wheresyourheadat.co.uk/links/index.php?page=0
This part of the website provides information and links for professionals from health, local authority and the voluntary sector who work with children and young people. If you are worried about a child or young person's emotional health and wellbeing that you are working with, use this part of the website to gain advice and information or contact us direct to discuss your concerns.
- <http://documents.hants.gov.uk/childrens-services/DirectoryWestHampshireSeptember2013.pdf>
Directory of services supporting children and young people in: Hampshire County Council areas - Winchester and Eastleigh; New Forest and Test Valley (South)
Clinical Commissioning Groups area - West Hampshire
Child and Adolescent Mental Health Services area - West
- Further information on services can be found in the Hampshire Family Information Directory, www.fid.hants.gov.uk, Directories can be found at: www.hants.gov.uk/ehcypf
- http://www.supportline.org.uk/problems/mental_health.php
This information may be helpful to anyone suffering from mental illness or for anyone caring for someone with mental illness. At the end we list agencies, websites which can offer information, support and practical advice which you may find useful.

MindEd

Complementing other sources of local training and support, MindEd contains bite-sized chunks of e-learning, designed to give adults working with children and young people the confidence to identify a mental health issue and act swiftly. Evidence shows that when mental health problems are identified early, outcomes are improved for the child or young person involved. MindEd was funded by the Dept of Health and contains learning material produced by leading experts from around the world. www.minded.org.uk/

Compass Counselling Service - a safe place to talk

Based in Lymington, Compass provides a confidential counselling service at a realistic cost. As a registered charity it tries to ensure that no one in need of counselling is excluded for financial reasons. To make an appointment or for more information contact 01590 674011, administrator@compasscounselling.co.uk or visit www.compasscounselling.co.uk.