

# Getting support for your mental health



# What does 'mental health' mean?

- Mental health is the way you feel and think about yourself and things that happen in life
- Sometimes you don't feel well or you can feel sad or worried
- Some people call this feeling 'down' or 'low'
- Feeling happy in your head is just as important as feeling good in your body



If you feel sad, down or low you should tell someone as soon as you can.

If you feel down for a while, you might be able to get some help to try and make you feel better.



The next few slides give links to places where you may be able to get some mental health help in Hampshire.



<https://www.letstalkaboutit.nhs.uk/other-services/support-for-young-people/>

This service is a telephone support service for **Children and Young People aged 11 – 17 years old in Hampshire** and the Isle of Wight (excluding Portsmouth & Southampton) who are experiencing mental health crisis.

**0300 303 1590**

Through the crisis line callers will have immediate access to:

- One to one confidential, emotional support
- Advice on healthy coping skills and resources
- Signposting to useful apps and websites

<https://hampshireyouthaccess.org.uk/>

Hampshire Youth Access (HYA) is a partnership delivering counselling, advice and support to children and **young people aged 5-17 across Hampshire.**

It does this by offering one to one, group and online support to children and young people, and advice and information to anyone concerned about a child or young person's emotional wellbeing.

- [enquiries@hampshireyouthaccess.org.uk](mailto:enquiries@hampshireyouthaccess.org.uk)
- Call us on **02382 147 755** between 9am and 5pm Monday to Friday.

<https://www.kooth.com/video>

- Kooth.com provides a confidential online emotional health and wellbeing service for all **young people from age 11-25 (up to 18 for Portsmouth only)**.
- On Kooth, young people can speak to a counsellor via instant messaging, 365 days per year (12pm – 10pm Monday to Friday and 6pm – 10pm weekends).
- Young people can also access mini activities, self-help resources and find advice and guidance, including from other young people who have experienced similar things. On Kooth.com young people can register anonymously so they don't need to provide their name or any contact details.

<https://www.connecttosupporthampshire.org.uk/>

Connect to Support Hampshire is a website **for adults (18+) in Hampshire**. Its aim is to help you stay independent and to manage your own care. You can find local groups, activities and services within your community as well as care providers and other paid services that may help you.

There is a section on mental health.



<https://nolimitshelp.org.uk/>

- No Limits is a charity offering free and confidential information, advice, counselling, advocacy and support to children and **young people under the age of 26** in Southampton and Hampshire.
- Young people can come to No Limits for free support on a wide range of issues including housing, homelessness, debt, employment, relationships, sexual health, mental health and substance misuse.
- 2380 224 224 enquiries@nolimitshelp.org.uk

<https://www.solentmind.org.uk/support-for-you/our-services/>

Experienced advisors will offer you support and ideas to help you to cope if you:

- are feeling anxious or low and want to talk to someone
- would like practical guidance on how to stay well at home
- want specific support such as benefit or bereavement services, or;
- are caring for someone else and would like support.

The Support Line is not a counselling or therapy service, but our wellbeing experts will be able to listen to you and offer bitesize support, information and signposting

- **023 8017 9049**

Opening times: Weekdays: 9am-7pm Weekends: 10am-2pm

<https://www.talkplus.org.uk/>

- TalkPlus helps people by giving them the tools to cope with the stressors of day to day life.
- Our friendly service provides free NHS therapy for people **aged 16 and above** registered to surgeries in Farnborough, Farnham, Fleet, Aldershot, Church Crookham, Blackwater and Yateley.

<https://www.italk.org.uk/home/about-us/>

- We support people to improve their mental wellbeing through education, guided self-help tools and evidence-based talking therapies.
- We're a primary care service, which means we work alongside GPs to help people to recover from the most common mental health problems like anxiety, depression, OCD, PTSD and phobias.
- All of our treatments are available free of charge on the NHS for people **aged 16 and over**, who are registered with a GP in the areas of Hampshire

<https://bewyse.co.uk/>

BeWYSe is a collective of youth focused charities, enabling young people to find guidance and help in the district of Winchester.

Their mission is to help young people **under the age of 25** discover all the incredible opportunities available to them in this area, including how to get support with mental health needs.

They have a dedicated section for mental health services.

<https://www.otr-south.org.uk/>

South East Hampshire

Offering two primary service streams to tailor to the specific needs of each person we see - one-to-one support and group support. One-to-one counselling is available for up to 18 weeks. Whilst waiting for counselling our Support Workers contact the young person weekly, to listen and provide information resource that may be of help.

**023 9247 4724**

or email us at [enquiries@otr-south.org.uk](mailto:enquiries@otr-south.org.uk)

<https://stem4.org.uk/>

stem4 is a charity that promotes positive mental health in teenagers and those who support them including their families/carers and professionals.

Access to free apps that support emotional wellness and regulation.

- Anxiety
- Depression
- Self-harm
- Eating disorder
- Addiction
- Body and mind health

<https://youngminds.org.uk/find-help/get-urgent-help/>

Text the YoungMinds Crisis Messenger for free 24/7 support across the UK if you are experiencing a mental health crisis.

- If you need urgent help, **text YM to 85258**.
- All texts are answered by trained volunteers, with support from experienced clinical supervisors.
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.



<https://hampshirecamhs.nhs.uk/>

Child and Adolescent Mental Health Services (CAMHS) are an NHS service that aims to help young people up to the age of 18 who are finding it hard to manage their emotional and psychological health, and who are suffering with acute, chronic and severe mental health problems.

**0300 304 0050**

# National Mental health help and support



This presentation is available on our website

[www.hampshiresendiass.co.uk](http://www.hampshiresendiass.co.uk)

You can email us on [info@hampshiresendiass.co.uk](mailto:info@hampshiresendiass.co.uk) Or call us on 0808 164 5504

