



WHO ELSE CAN HELP?



If you feel you need support the following Agencies can help

Counselling

KOOTH WEBSITE

WWW.KOOTH.COM

Online counselling support and advice for young people

The Mix Counselling service

<https://www.themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service>

Helplines & Interventions

BARNARDOS 0808 808 1766

CAMHS 0300 123 6661

CHILD AND ADOLESCENT MENTAL HEALTH SERVICES

No Panic Crisis Number for 24/7 recording of breathing techniques on **01952680835**.

Confidential helpline 10am-10pm on **08449674848**.

CHILDLINE 1111

Or <https://www.childline.org.uk/> you can choose to translate the website by changing the language on the Accessibility Toolbar at the bottom of the page

Accessibility toolbar

and choosing this option from the icons



at the top

SAMARITANS – **116 123** – 24 HR PHONE & EMAIL: Jo@samaritans.org

STEPS TO WELLBEING **0800 612 7000**

NO LIMITS **02380 224 224** www.nolimitshelp.org.uk

Advice and support for young people in all aspects of mental health

SAFE HAVEN - Support for children and young people in Southampton up to the age of 25 who are experiencing difficulties with their mental health and who need access to instant emotional and practical support – **07918 259 365**

SHOUT – Text Free on **85258** for 24/7 & Confidential Support for your Well Being

BREATHE – Text Free on **85258** for free Confidential Support

MENTAL HEALTH TRIAGE TEAM – southernhealth.nhs.uk/help-crisis Call **111**

STEM 4 - www.stem4.org.uk Interventions and support for young people's mental health

Solent Pulse Text Service **07491 163 278**

POLICE/AMBULANCE 999

Apps

Mindshift App

Calm App

Other useful website

YOUNG MINDS <https://www.youngminds.org.uk/>

CAMHS <https://www.camhs-resources.co.uk/>