

What services and self-help resources are available for young people and families in the Winchester and Test Valley area?



Hampshire Child and Adolescent Mental Health Service

Check out our **Hampshire CAMHS** website at <https://hampshirecamhs.nhs.uk> which includes oodles of information, resources and advice around Mental Health, CAMHS and Projects. The website also details the threshold for CAMHS referrals on the first page with a link to the referral forms.

What is counselling?

Counselling is a type of talking therapy which aims to help you understand your thoughts and feelings. It offers a non-judgemental space where you will be listened to.

The counsellor will try to see things from your point of view, while providing support to help you find your own answers.

Getting the chance to talk through your worries and problems with somebody can help you see things in a different light and help you find ways to help yourself.

Description taken from: <https://www.andovermind.org.uk/youth-counselling/>

youth counselling

Youth counselling services available through Hampshire local to WTV CAMHS: <https://hampshireyouthaccess.org.uk/>

Or directly with individual counselling services—Referral forms:

- Andover - <https://www.alabare.co.uk/home/counselling-services-for-young-people>
- Andover (Age 11-23) - <https://www.andovermind.org.uk/youth-counselling/>
- Romsey - <http://yir.org.uk/our-services/counselling/>
- Winchester - <https://www.winchesteryouthcounselling.org/>
- Winchester - <https://familycounsellingtrust.org>
- Eastleigh - <http://teenagedrop-inhedgeend.co.uk/>
- Basingstoke - <http://www.ypicounselling.co.uk/>
- Southampton - <https://nolimitshelp.org.uk/>

Online youth counselling:

- Child Line:** Get Support - <https://www.childline.org.uk/get-support/>
- No Limits** - <https://nolimitshelp.org.uk/>

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Hampshire Child and Adolescent Mental Health Service



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

italk is your local talking therapy service. The treatments are free of charge and you can self-refer without needing to see your GP.

They help people aged 16+ to recover from common mental health problems like anxiety, depression, stress, phobia, OCD and PTSD.

They also provide managing moods and relaxation skills workshops.



Love your library

The Reading Well Books on Prescription is a national scheme available with recommended books from a range of self-help books which have proven value in helping people who suffer from common mental health problems such as anxiety, depression, anger and panic attacks.

<https://www.hants.gov.uk/librariesandarchives/library/servicesforyou> - find the 'books on prescription PDF' under the Mental Health Support tab.

Or the direct PDF here—<https://readingagency.org.uk/adults/BoP%20core%20booklist%20April%202013.pdf>

Anxiety & Worries

Websites

Hampshire CAMHS Website

- ⇒ **Young People** <https://hampshirecamhs.nhs.uk/help/young-people/anxiety-2/>
- ⇒ **Parents and Carers** <https://hampshirecamhs.nhs.uk/help/parents-carers/anxiety/>
- ⇒ **Professionals** <https://hampshirecamhs.nhs.uk/help/professionals/anxiety-professionals/>

- **Children and young people with anxiety** – A guide for parents and carers https://www.moodcafe.co.uk/media/19579/cyp_parents_1_2_web.pdf
- **Young Minds—Anxiety** <https://youngminds.org.uk/find-help/conditions/anxiety/>
- **Young Minds—OCD** <https://youngminds.org.uk/find-help/conditions/ocd/>
- **Mood juice—Anxiety** <http://www.moodjuice.scot.nhs.uk/mildmoderate/Anxiety.asp>
- **Mood juice—OCD** <http://www.moodjuice.scot.nhs.uk/mildmoderate/ObsessionsCompulsions.asp>
- **Mood juice – Stress** <http://www.moodjuice.scot.nhs.uk/mildmoderate/Stress.asp>
- **Mood juice – Social anxiety** <http://www.moodjuice.scot.nhs.uk/mildmoderate/SocialAnxiety.asp>
- **Get self-help** – Anxiety <https://www.getselfhelp.co.uk/anxiety.htm>
- **NHS—Mental Health and Wellbeing:** <https://www.nhs.uk/conditions/stress-anxiety-depression/>
- **No Panic—**<https://www.nopanic.org.uk/>

Videos

- https://www.youtube.com/watch?v=FfSbWc3O_5M – Fight, Flight & Freeze video by Anxiety Canada.
- <https://www.youtube.com/watch?v=rp0lpKTWrp4> – Fight, Flight & Freeze for Teens video posted by Anxiety Canada.
- <https://www.youtube.com/watch?v=IGByhBb7s4s> – How can you ground yourself in an emotional storm posted by ACT auntie.
- <https://www.youtube.com/watch?v=aLi8-Mi6eqA> – SOS! The Human Mind posted by ACT auntie.
- <https://www.youtube.com/watch?v=OPtGFJeJtYhw> – The doorway of decisions posted by ACT Auntie.

Continued...

Anxiety & Worries

Books

For Kids

- **Overcoming Your Child's Fears and Worries:** A Self-Help Guide Using Cognitive Behavioural Techniques (Overcoming Books) By Cathy Cresswell and Lucy Willets
- **Sitting still like a frog – Mindfulness exercise for kids (and their parent)** By Eline Snel
- **What to Do When You Worry Too Much: A Kids Guide to Overcoming Anxiety** (What to Do Guides for Kids) By Dawn Geuber
- **What To Do When You're Scared and Worried** By James J. Crist
- **Coping Skills for Kids Workbook** By Janune Halloran
- **Starving The Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People** By Kate Collins-Donnelly

For Teens

- **The Anxiety Workbook for Teens:** Activities to Help You Deal with Anxiety & Worry (An Instant Help Book for Teens) by Lisa M. Schab
- **The Anxiety Survival Guide for Teens:** CBT Skills to Overcome Fear, Worry, and Panic By Jennifer Shannon
- **My Anxiety Handbook: Getting Back on Track** By Bridie Gallagher, Phoebe BcEwen and Sue Knowles
- **Anxiety Rebalance: All the Answers for Teens** By Carl Vernon
- **Think Good – Feel Good: A cognitive Behaviour Therapy Workbook for Children and Young People** By Paul Stallard
- **Helping Your Anxious Teen: Positive Parenting Strategies to Help Your Teen Beat Fear, Stress, and Worry** By Sheila Achar Josephs
- **Social anxiety – The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence** (by Jennifer Shannon)

OCD

- **OCD Self-Help Workbook**—<https://www.get.gg/docs/OCDselfhelp.pdf>
- **OCD Parent Guide Workbook**— Part one: <https://research.reading.ac.uk/wp-content/uploads/sites/3/2017/04/OCD-Booklet-for-Parents-Part-1.pdf> Part two: <https://research.reading.ac.uk/wp-content/uploads/sites/3/2017/04/OCD-Booklet-for-Parents-Part-2.pdf>

Self Esteem, Confidence & Emotions

Support around Self-esteem, Confidence and Emotions can be provided through School on such programmes as ELSA within infant and primary Schools and through Pastoral teams within secondary schools. Youth Counselling can also provide support around this – first page.



Hampshire Child and Adolescent Mental Health Service

Hampshire CAMHS Website — Body Image and Self-Esteem:

- ⇒ **Young People** <https://hampshirecamhs.nhs.uk/help/young-people/body-image-self-esteem-young-people/>
- ⇒ **Parents and Carers** <https://hampshirecamhs.nhs.uk/help/parents-carers/body-image-self-esteem/>
- ⇒ **Professionals** <https://hampshirecamhs.nhs.uk/help/professionals/body-image-self-esteem/>

Children

- **Family Lives, listening, supportive and non-judgmental** – Helping your child build self-esteem, <https://www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/>
- **Young Minds** – Supporting your child's self esteem <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-esteem/>

Adolescent

- **Young Minds** – Supporting your child's self esteem <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-esteem/>
- **Child-Line** – Building Confidence and self-esteem - <https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/building-confidence-self-esteem/>
- **Self-esteem Workbook for Teens:** Activities to Help You Build Confidence and Achieve Your Goals (An Instant Help Book for Teens) by Lisa M. Schab
- **Mood juice – Assertiveness** <https://www.moodjuice.scot.nhs.uk/mildmoderate/DealingWithPeople.asp>



Emotional Wellbeing

- **Action for happiness** – let's take action for a happier world <https://www.actionforhappiness.org/> - also available as a mobile phone App
- **Stress Reduction Workbook for Teens**, 2nd Edition: Mindfulness Skills to Help You Deal with Stress (An Instant Help Book for Teens) by Gina M. Biegel
- **Conquer Negative Thinking for Teens:** A Workbook to Break the Thought Habits That Are Holding You Back by Mary Karapetian Alvord PhD and Anne McGrath MA
- **Get Out of Your Mind and Into Your Life for Teens:** A Guide to Living an Extraordinary Life (An Instant Help Book for Teens)
- **Stuff That Sucks:** Accepting what you can't change and committing to what you can by Ben Sedley, 2015
- **Body Image Workbook for Teens:** Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World (An Instant Help Book for Teens) by Julia V. Taylor
- **The Perfectionism Workbook for Teens:** Activities to Help You Reduce Anxiety and Get Things Done (An Instant Help Book for Teens) by Ann Marie Dobosz
- **Think Ninja**—<https://thinkninja.io/> For 11-17 years based on therapeutic approaches for wellbeing, building resilience & early intervention. Free to school across Hampshire.
- **The Anger Workbook for Teens:** Activities to Help You Deal with Anger and Frustration (An Instant Help Book for Teens) (An Instant Help Book for Teens) by Raychelle Lohmann

Self Esteem, Confidence & Emotions

Support around Self-esteem, Confidence and Emotions can be provided through School on such programmes as ELSA within infant and primary Schools and through Pastoral teams within secondary schools. Youth Counselling can also provide support around this – first page.



Hampshire Child and Adolescent Mental Health Service

Videos

- <https://www.youtube.com/watch?v=3bKuoH8CkFc> – Why do we lose control of our emotions? Posted by Kids want to know.
- <https://www.youtube.com/watch?v=T-IRbuy4XtA> – Goals vs Values (emotional wellbeing) posted by Dr Russ Harris Acceptance and Commitment Therapy.
- <https://www.youtube.com/watch?v=OPtGFeJtYhw> – The doorway of decisions posted by ACT Auntie.
- <https://www.youtube.com/watch?v=ERhTJaPaoxU> – Learning to be a friend to yourself (for adolescence) posted by The School of Life.

Low Mood & Depression

Websites

Hampshire CAMHS Website

- ⇒ **Young People** <https://hampshirecamhs.nhs.uk/help/young-people/depression-2/>
- ⇒ **Parents and Carers** <https://hampshirecamhs.nhs.uk/help/parents-carers/depression/>
- ⇒ **Professionals** <https://hampshirecamhs.nhs.uk/help/professionals/depression-professionals/>

- **Mood juice** – Depression Workbook <https://www.moodjuice.scot.nhs.uk/mildmoderate/Depression.asp>
- **Young Minds**—<https://youngminds.org.uk/find-help/conditions/depression/>
- **NHS**—Mental Health and Wellbeing: <https://www.nhs.uk/conditions/stress-anxiety-depression/>
- **Mood Gym**—<https://moodgym.com.au/>
- **Get Self Help**—<https://www.getselfhelp.co.uk/>

Videos

- <https://www.youtube.com/watch?v=lGBYhBb7s4s> – How can you ground yourself in an emotional storm posted by ACT auntie.
- <https://www.youtube.com/watch?v=aLi8-Mi6eqA> – SOS! The Human Mind posted by ACT auntie.
- <https://www.youtube.com/watch?v=OPtGFeJtYhw> – The doorway of decisions posted by ACT Auntie.
- <https://www.youtube.com/watch?v=ERhTJaPaOXU> – Learning to be a friend to yourself (for adolescence) posted by The School of Life.

Books

- **Beyond the Blues: A Workbook to Help Teens Overcome Depression (An Instant Help Book for Teens)** by Lisa M. Schab
- **Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and (Instant Help Book for Teens)** by Sheri Van Dijk

Self Harm & Suicide

Websites and Books

- **Young minds** - Self harm - <https://youngminds.org.uk/youngminds-professionals/our-projects/no-harm-done/>
- **NSPCC** – Self Harm - <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/self-harm/>
- **Self harm UK** - <https://www.selfharm.co.uk/>
 - ⇒ **Parents** - <https://www.selfharm.co.uk/parents>
 - ⇒ **Professionals** - <https://www.selfharm.co.uk/professionals>
- **LifeSIGNS** - Providing information and support to help people with issues around self harming. Information and support for individuals and those supporting them. <http://www.lifesigns.org.uk/>
- **Papyrus** - Prevention of young suicide. Providing confidential support and advice to young people and anyone worried about a young person. Helpline 0800 068 4141 <https://www.papyrus-uk.org/>
- **Harmless** - is a user led organisation that provides a range of services about self-harm including support, information, training and consultancy to people who self-harm, their friends and families and professionals. <http://www.harmless.org.uk/>
- **Stopping The Pain: A Workbook for Teens Who Cut and Self-Injure (An Instant Help Book for Teens)** by Lawrence E. Shapiro

Videos

- <https://www.youtube.com/watch?v=IGByhBb7s4s> – How can you ground yourself in an emotional storm posted by ACT auntie.
- <https://www.youtube.com/watch?v=aLi8-Mi6eqA> – SOS! The Human Mind posted by ACT auntie.

Hampshire CAMHs—

<https://hampshirecamhs.nhs.uk/campaigns/safe-campaign/>

Please contact Helen Dove at Hampshire CAMHs if you would like to have SAFE cards made available for a school, GP or youth services — via **Twitter: @HANTS_CAMHS**

Facebook: Fit Fest Hampshire



Eating Difficulties

Websites

Hampshire CAMHS Website

- ⇒ **Young People** <https://hampshirecamhs.nhs.uk/help/young-people/eating-difficulties-2/>
- ⇒ **Parents and Carers** <https://hampshirecamhs.nhs.uk/help/parents-carers/eating-difficulties/>
- ⇒ **Professionals** <https://hampshirecamhs.nhs.uk/help/professionals/eating-difficulties-professionals/>

- **Young minds - Anorexia** <https://youngminds.org.uk/find-help/conditions/anorexia/>
- **Young minds - Bulimia** <https://youngminds.org.uk/find-help/conditions/bulimia/>

Books

- **Eating Mindfully for Teens:** A Workbook to Help You Make Healthy Choices, End Emotional Eating, and Feel Great (An Instant Help Book for Teens) by Dr Susan Albers PsyD
- **What's Eating You?:** A Workbook for Teens with Anorexia, Bulimia, and Other Eating Disorders (An Instant Help Book for Teens) by Tammy Nelson

Bullying & Friendships

Websites and Books

Hampshire CAMHS Website — Bullying:

- ⇒ **Young People** <https://hampshirecamhs.nhs.uk/help/young-people/bullying-yp/>
- ⇒ **Parents and Carers** <https://hampshirecamhs.nhs.uk/help/parents-carers/bullying/>
- ⇒ **Professionals** <https://hampshirecamhs.nhs.uk/help/professionals/bullying/>

Hampshire CAMHS Website — Friendships:

- ⇒ **Young People** <https://hampshirecamhs.nhs.uk/help/young-people/friendships/>
- ⇒ **Parents and Carers** <https://hampshirecamhs.nhs.uk/help/parents-carers/friendships/>
- ⇒ **Professionals** <https://hampshirecamhs.nhs.uk/help/professionals/friendships/>

- **ChildLine** – Friendships - <https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/friendships/>
- **Child Line** – Bounce Back From Bullying - <https://bounce-back-from-bullying.childline.org.uk/>
- **Relate** – I'm being bullied at school <https://www.relate.org.uk/relationship-help/help-children-and-young-people/common-problems-children-young-people/im-getting-bullied-school/>
- **Young Minds** – Bullying - <https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/>
- **Anti-Bullying Alliance** - <https://www.anti-bullyingalliance.org.uk/aba-our-work>
- **Family Lives**—They provide support around family breakdown, aggression in the home, bullying at school, teenage risky behaviour and mental health concerns of both parents and their children. Helpline 0808 800 2222 <http://www.familylives.org.uk/how-we-can-help/>
- **Young Minds**—how friends and family can help. See more on their website: <https://youngminds.org.uk/>
- **Bullying Workbook for Teens:** Activities to Help You Deal with Social Aggression and Cyberbullying (An Instant Help Book for Teens) by Raychelle Lohmann

School and College

Websites

⇒ **Hampshire CAMHS Website— School, College and Exams:**
Young People <https://hampshirecamhs.nhs.uk/help/young-people/school-college-exams/>

⇒ **Hampshire CAMHS Website— Transition through Schools:**
Parents and Carers <https://hampshirecamhs.nhs.uk/help/parents-carers/transitions/>
⇒ **Professionals** <https://hampshirecamhs.nhs.uk/help/professionals/transitions/>

⇒ **MIND Andover—** <https://www.andovermind.org.uk/springboard/>

Springboard sessions for children

Our hourly group sessions for children are free and run weekly for nine weeks. Groups run in term time at lunchtimes or after school, and also in school holidays. Sessions take place at local schools, children's organisations and at Andover Mind. At our Springboard sessions for children we aim to:

- promote the ability to cope and manage feelings through play, craft, and discussion
- explore empathy and feelings and how to express emotions with positive behaviours
- teach skills to reach goals and problem solve, and learn about the value of feedback and reflection
- increase children's awareness of self-regulation and de-escalation, and how to self-care for their mental health

support early identification of emerging issues before secondary school.

Who can attend children sessions?

Our groups are open to children aged 9-11. Children can be referred to a group via their parent, school (Family Support or SENCo), children's organisation leader, doctor, CAMHS, school nurse, Early Help Hub or Social Worker.

⇒ **Heads together—Mentally Healthy Schools—**<https://www.mentallyhealthyschools.org.uk/risks-and-protective-factors/school-based-risk-factors/transitions/>

(GSM) Gender & Sexual Minority & Relationships

Websites and Books

Hampshire CAMHS Website — Sexuality and Gender Identity:

- ⇒ **Young People** <https://hampshirecamhs.nhs.uk/help/young-people/sexuality-and-gender-identity/>
- ⇒ **Parents and Carers** <https://hampshirecamhs.nhs.uk/help/parents-carers/sexuality-and-gender-identity-parents/>
- ⇒ **Professionals** <https://hampshirecamhs.nhs.uk/help/professionals/sexuality-and-gender-identity/>

Hampshire CAMHS Website — Sex and Relationships:

- ⇒ **Young People** <https://hampshirecamhs.nhs.uk/help/young-people/sex-and-relationships/>
- ⇒ **Parents and Carers** <https://hampshirecamhs.nhs.uk/help/parents-carers/sex-and-relationships-2/>
- ⇒ **Professionals** <https://hampshirecamhs.nhs.uk/help/professionals/sex-and-relationships/>

- **Mermaids**—Help to reduce isolation and loneliness for gender variant and transgender children, young people and their families.
<https://www.mermaidsuk.org.uk/>
- **Relate**—Relate offers counselling services for every type of relationship nationwide. They provide advice on marriage, LGBT issues, divorce and parenting.
<http://www.relatesolent.org.uk>
- **Safedate**—Whether it's relationship abuse, sexting, consent or forced marriage that you're concerned about, we have all the facts, support and guidance to help you make the right decisions and stay safe.
<http://www.safedate.org.uk/>
- **Sexual Health clinics**—Advice on sexual health, contraceptives , local clinic finder and online booking
<https://www.letstalkaboutit.nhs.uk/>
- **The Gender Quest Workbook:** A Guide for Teens and Young Adults Exploring Gender Identity (An Instant Help Book for Teens) by Rylan Jay Testa

Trauma & Sexual Violence

Websites and Books

Hampshire CAMHS Website

- ⇒ **Young People** <https://hampshirecamhs.nhs.uk/help/young-people/ptsd-2/>
- ⇒ **Parents and Carers** <https://hampshirecamhs.nhs.uk/help/parents-carers/ptsd/>
- ⇒ **Professionals** <https://hampshirecamhs.nhs.uk/help/professionals/ptsd-professionals/>

- **Frankie Workers**—<https://www.hampshire-pcc.gov.uk/safer-together/supporting-victims/frankie-workers> - A dedicated counselling service for victims of child sexual abuse. The Frankie Worker Service is available to Children 0-18 years , Basingstoke based charity specialising in counselling for young people and work closely with Hampshire County Council's Children's Services. Referral to the Frankie team is made via the Hampshire County Council's Willow Team.
- **Mood juice** – Post traumatic stress disorder <https://www.moodjuice.scot.nhs.uk/mildmoderate/Trauma.asp>
- Support for Children and Young people at **Andover Crisis & Support Centre** <http://www.andovercrisisandsupportcentre.org.uk/home/support-for-children-and-young-people/>
- **YoungMinds** — <https://youngminds.org.uk/find-help/conditions/ptsd/>

Bereavement & Loss

Websites

Hampshire CAMHS Website

- ⇒ **Young People** <https://hampshirecamhs.nhs.uk/help/young-people/bereavement-loss/>
- ⇒ **Parents and Carers** <https://hampshirecamhs.nhs.uk/help/parents-carers/bereavement-loss/>
- ⇒ **Professionals** <https://hampshirecamhs.nhs.uk/help/professionals/bereavement-loss/>

- **Support After Suicide**— Support after Suicide is a partnership of organisations that provide bereavement information and support for those affected by suicide.
<http://supportaftersuicide.org.uk/>
- **Mood juice** – <https://www.moodjuice.scot.nhs.uk/mildmoderate/Bereavement.asp>

Family Breakdown

Websites

Hampshire CAMHS Website

- ⇒ **Young People** <https://hampshirecamhs.nhs.uk/help/young-people/family-breakdown/>
- ⇒ **Parents and Carers** <https://hampshirecamhs.nhs.uk/help/parents-carers/family-breakdown/>
- ⇒ **Professionals** <https://hampshirecamhs.nhs.uk/help/professionals/family-breakdown/>

Sleep

Websites and Books

Hampshire CAMHS Website

- ⇒ **Young People** <https://hampshirecamhs.nhs.uk/help/young-people/sleep/>
- ⇒ **Parents and Carers** <https://hampshirecamhs.nhs.uk/help/parents-carers/sleep/>
- ⇒ **Professionals** <https://hampshirecamhs.nhs.uk/help/professionals/sleep/>

- **Mood juice** – <https://www.moodjuice.scot.nhs.uk/mildmoderate/SleepProblems.asp>
- **NHS** - <https://www.nhs.uk/live-well/sleep-and-tiredness/how-much-sleep-do-kids-need/>
- **The Insomnia Workbook for Teens: Skills to Help You Stop Stressing and Start Sleeping Better** (An Instant Help Book for Teens) by Michael A. Tompkins PhD, Monique A Thompson, Judith S. Beck

Physical Health

Websites

Hampshire CAMHS Website

- ⇒ **Young People** <https://hampshirecamhs.nhs.uk/help/young-people/physical-health/>
- ⇒ **Parents and Carers** <https://hampshirecamhs.nhs.uk/help/parents-carers/physical-health/>
- ⇒ **Professionals** <https://hampshirecamhs.nhs.uk/help/professionals/physical-health/>

Drugs & Alcohol

Websites

Hampshire CAMHS Website

- ⇒ **Young People** <https://hampshirecamhs.nhs.uk/help/young-people/drugs-and-alcohol-young-people/>
- ⇒ **Parents and Carers** <https://hampshirecamhs.nhs.uk/help/parents-carers/drugs-and-alcohol/>
- ⇒ **Professionals** <https://hampshirecamhs.nhs.uk/help/professionals/drugs-and-alcohol/>

- **NACOA (National Association for Children of Alcoholics)** - Providing information, advice and support for everyone affected by a parent's drinking. <http://www.nacoa.org.uk/>
- **Narcotics anonymous** - <http://ukna.org/>
- For teenage relatives and friends of alcoholics - **Alateen** <https://www.al-anonuk.org.uk/alateen/>
- **Young minds** - Young person <https://youngminds.org.uk/find-help/looking-after-yourself/drug-use/>
- **Young minds** – Parent/carer <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-drugs-and-alcohol/>

Internet Safety & Healthy Relationships with Gaming

Websites

Hampshire CAMHS Website

- ⇒ **Young People** <https://hampshirecamhs.nhs.uk/help/young-people/gaming-addiction/>
- ⇒ **Parents and Carers** <https://hampshirecamhs.nhs.uk/help/parents-carers/gaming-addiction/>
- ⇒ **Professionals** <https://hampshirecamhs.nhs.uk/help/professionals/gaming-addiction/>

- **National Online Safety**— <https://nationalonlinesafety.com/>
- **NSPCC—online safety**—<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>
- **Net-Aware—keep up to date**—<https://www.net-aware.org.uk/>
- **Family Lives**—Advise on gaming addiction—<https://www.familylives.org.uk/advice/teenagers/online/gaming/>
- **Parent Zone—Parenting in a digital world**— <https://parentzone.org.uk/parenting-digital-age-online-safety-digital-resilience-children-judge-parents>

Hearing Voices & Losing Touch with Reality

Websites

Hampshire CAMHS Website

- ⇒ **Young People** <https://hampshirecamhs.nhs.uk/help/young-people/psychosis-2/>
- ⇒ **Parents and Carers** <https://hampshirecamhs.nhs.uk/help/parents-carers/psychosis/>
- ⇒ **Professionals** <https://hampshirecamhs.nhs.uk/help/professionals/psychosis-professionals/>

Motor and Verbal Tics

Websites

- **Tourettes action:** <https://www.tourettes-action.org.uk/>
- **NHS—Tics—**<https://www.nhs.uk/conditions/tics/treatment/>
- **Great Ormond Street Hospital for Children NHS Foundation Trust—**<https://www.gosh.nhs.uk/conditions-and-treatments/conditions-we-treat/tourette-syndrome>

Learning Disability

Websites

Hampshire CAMHS Website

- ⇒ **Young People** <https://hampshirecamhs.nhs.uk/help/young-people/learning-disabilities/>
- ⇒ **Parents and Carers** <https://hampshirecamhs.nhs.uk/help/parents-carers/learning-disabilities/>
- ⇒ **Professionals** <https://hampshirecamhs.nhs.uk/help/professionals/learning-disabilities/>

- **Hampshire SENDIASS**— <https://www.hampshiresendiass.co.uk/> - We offer impartial special education needs and disability information, Advise and Support SENDIASS in Hampshire.
- **GO LD Learning Disabilities Winchester**, to live, to thrive - Enabling people with learning disabilities <https://learningdisabilitieswinchester.org.uk/>

Autism & ADHD

Websites and Books for Autism

Hampshire CAMHS Website

- ⇒ **Young People** <https://hampshirecamhs.nhs.uk/help/young-people/autistic-spectrum-condition-2/>
- ⇒ **Parents and Carers** <https://hampshirecamhs.nhs.uk/help/parents-carers/autistic-spectrum-condition/>
- ⇒ **Professionals** <https://hampshirecamhs.nhs.uk/help/professionals/autistic-spectrum-condition-professionals/>

- Believe in children, Barnardo's - <http://www.hampshirehealthyfamilies.org.uk/>
- The ASD independence workbook: transition skills for teens and young adults with Autism (An instant help book for teens) 2018 by Francis Tabone
- **The ASD Independence Workbook:** Transition Skills for Teens and Young Adults with Autism (An Instant Help Book for Teens) by Francis Tabone
- All Cats have Asperger's Syndrome, 2016 by Kathy Hoopmann

Websites and Books for ADHD

Hampshire CAMHS Website

- ⇒ **Young People** <https://hampshirecamhs.nhs.uk/help/young-people/adhd-2/>
- ⇒ **Parents and Carers** <https://hampshirecamhs.nhs.uk/help/parents-carers/adhd/>
- ⇒ **Professionals** <https://hampshirecamhs.nhs.uk/help/professionals/adhd-professionals/>

- ADDISS—ADHD information services <http://www.addiss.co.uk/>
- ADHD foundation - <https://www.adhdfoundation.org.uk/>
- **Understood** – Learning and attention issues <https://www.understood.org/en>
- **Believe in children, Barnardo's** - <http://www.hampshirehealthyfamilies.org.uk/>
- All dogs have ADHD 2008 by Kathy Hoopmann
- **ADHD Workbook for Teens:** Activities to Help You Gain Motivation and Confidence (An Instant Help Book for Teens) by Lara Honos-Webb
- **Executive Functioning Workbook for Teens:** Help for Unprepared, Late, and Scattered Teens (An Instant Help Book for Teens) by Sharon A. Hansen

Children in Care

Websites

Hampshire CAMHS Website

- ⇒ **Young People** <https://hampshirecamhs.nhs.uk/help/young-people/children-in-care/>
- ⇒ **Parents and Carers** <https://hampshirecamhs.nhs.uk/help/parents-carers/children-in-care/>
- ⇒ **Professionals** <https://hampshirecamhs.nhs.uk/help/professionals/children-in-care/>

Young Carers

Websites

Hampshire CAMHS Website

- ⇒ **Young People** <https://hampshirecamhs.nhs.uk/help/young-people/body-image-self-esteem-copy/>
- ⇒ **Parents and Carers** <https://hampshirecamhs.nhs.uk/help/parents-carers/body-image-self-esteem-copy/>
- ⇒ **Professionals** <https://hampshirecamhs.nhs.uk/help/professionals/body-image-self-esteem-copy/>

- **Winchester & District Young Carers** <http://www.wycp.org.uk/> Improving the lives of children and young people with caring responsibilities by providing safe, quality support to individuals and offering an inclusive, wide ranging and holistic approach which considers the needs of the whole family. Support groups, befriending, training, peer mentors, school drop ins, home visits etc.

- **Hampshire CAMHS Website** — Behaviour of concern: <https://hampshirecamhs.nhs.uk/help/parents-carers/managing-challenging-behaviour/> Where to go for support: <https://hampshirecamhs.nhs.uk/help/parents-carers/where-to-go-for-support-parent/>
- **Hampshire parent and carer network** - <http://www.hpcn.org.uk/>
 - ⇒ Offers parents and carers of children and young people aged 0-25 with additional need (diagnosed or not) or disability an opportunity to tell the local authority, health and other services, what life is really like.
- **Mood juice** – Caring for someone <https://www.moodjuice.scot.nhs.uk/forcarers/CaringforSomeone.asp>
- **Family Lives** - <https://www.familylives.org.uk/>
 - ⇒ National family support charity providing help and support in all aspects of family life.
- **Parent channel** — <https://www.youtube.com/channel/UCpGvO-Wj0EcEZpM5luobs1g>
 - ⇒ Over 200 expert-led videos for parent of 0-19 year olds. Search for topic or browse our playlists for wellbeing, learning and behaviour across four different age groups.
- **Friends of the family** – available in Winchester and surrounding villages <http://www.fotfwinchester.org/about-us/what-we-do/>
 - ⇒ They offer friendly support and guidance to help overcome the challenges they face.
- **Believe in children, Barnardo's**— <http://www.hampshirehealthyfamilies.org.uk/>
 - ⇒ The service provides parenting programmes for parents / carers who have children aged 5 -17 who either has a formal diagnosis of ADHD/ASC, is displaying challenging behaviour associated with mild to moderate conduct disorder or teenagers displaying antisocial behaviour, including child to parent violence and is registered with a participating GP surgery in Hampshire (not including surgeries within Cities of Portsmouth or Southampton CCG's) <http://documents.hants.gov.uk/childrens-services/ThresholdChartJuly2015.pdf> Barnardo's, Family Links and the yellow brick project work with Hampshire County council to provide other parenting courses, programmes and groups such as - email test-valley.earlyhelp@hants.gov.uk
 - ⇒ The family links nurture programme
 - ⇒ Talking teens parent group,
 - ⇒ Five to Thrive
 - ⇒ Henry—healthier start brighter future
- **Home start** - <https://www.home-start.org.uk/Pages/Category/things-we-can-help-with>
 - ⇒ Local community network of trained volunteers and expert support helping families with young children through their challenging times. Winchester—<https://home-startwinchester.org.uk/>
- **Young Minds, for parents** - <https://youngminds.org.uk/find-help/for-parents/>
 - ⇒ Parenting isn't always easy. Although its often amazing and rewarding to watch your children grow, and to help them learn to be independent, it can be really hard work.
- **Hampshire SENDIASS**— <https://www.hampshiresendiass.co.uk/> -
 - ⇒ We offer impartial special education needs and disability information, Advise and Support SENDIASS in Hampshire.
 - ⇒ Family Links—<https://familylinks.org.uk/what-we-do>

Continued...

- **Stuff That Sucks:** Accepting what you can't change and committing to what you can by Ben Sedley
- **Youth Options** - <https://www.youthoptions.co.uk/>
- CDC Centres for Disease Control and Prevention – **what to expect in Child to Adolescent development** <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html> - select age range
- **NHS – Talking to your teenager** – Moodzone - <https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-your-teenager/>
- **NHS – Talking to Children about feelings** – Moodzone - <https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/>
- **Understanding Childhood** – leaflets available at <http://www.understandingchildhood.net/>
- Supporting teenagers - <http://www.understandingchildhood.net/posts/supporting-teenagers/>
- **The Teen Brain: Still Under Construction**—http://www.ncdsv.org/images/NIMH_TeenBrainStillUnderConstruction_2011.pdf



Strong Parents - Strong Children

is an international parents' course that is being launched in the UK to assist parents who would like to strengthen their parenting skills.

The parents' course is open to military and civilian parents.

More Joy With Children!

Wednesday 8th January 2020, 10am - 1pm at Endeavour School, Kirk Campus, Andover (opposite the YMCA building). Every Wednesday for 6 weeks.

Tuesday 14th January 2020, 10am - 12.30pm at Mulberry Community Centre, Marchwood. Every Tuesday for 10 weeks.

Further courses available in Bulford, Middle Wallop and Worthy Down please contact Yvonne to enrol or for more details.

Yvonne Freeman
Project Manager
Tel: 07538 388879

Email: Yvonne.Freeman@unityonline.org.uk



Local Services and Organisations to Help Young People



Hampshire Child and Adolescent Mental Health Service



Y Services for Young People— <https://www.yservices.co.uk/> Our mission as charity is to support and develop the delivery of quality youth work that meets the needs of young people.



Alabare—The Junction in Andover <https://www.alabare.co.uk/youngpeople>

A charity that supports vulnerable, homeless and marginalised people. We help them transform their lives, providing accommodation and helping them gain skills, confidence and opportunities to live fulfilled a life.



Chat Health—Run by School Nursing <https://www.healthforteens.co.uk/health/about-chathealth/> - Text: 07507333351 The service is available Monday to Friday, 8.30 am to 4.30 pm (except bank holidays). During these times they aim to respond to all messages within 24 hours.



The Mix— <https://www.themix.org.uk/>

The Mix is the leading support service for young people. We are here to help you take on any challenge your facing—from mental health to money, from homelessness to finding a job, from break-ups to drugs, social or out free, confidential helpline.



YMCA Youth Club Andover— <https://ymca-fg.org/southampton-youth-work/> Run a youth club for 10-14 year olds, offering a range of indoor and outdoor activities. The club runs on a drop-in basis. Also run a youth group for young people with additional needs who need a moderate level of support, which runs for different age groups every other week where advance booking is essential.



Youth Options—The Scott Centre <https://www.youthoptions.co.uk/our-centres/scott-centre> Provider of breakfast, after school and holiday childcare provision, for children between 2 and 13 years of age at various clubs with additional bases at schools across Andover.

Thumbs Up Youth Service—<https://www.kids.org.uk/winchester-youth-services>



A youth group that is led by the people that attend. For young people aged between 11 and 19 years old who have a Gate way card.

Youth Groups in...



Andover—<https://forcesandover.2day.uk/section/LocalClubsGroups>



Winchester—[https://www.thebestof.co.uk/local/winchester/community-](https://www.thebestof.co.uk/local/winchester/community-hub/local-guides/youth-clubs/)

[hub/local-guides/youth-clubs/](https://www.thebestof.co.uk/local/winchester/community-hub/local-guides/youth-clubs/)