

# Your wellbeing journey

Where to go for mental wellbeing support in Southampton City

It can be hard to know where to go when you need support for your mental health, but there are a range of services to help you in Southampton, both online and in the community.



Find out more about the Southampton Mental Health Network

## Step 1: Self-help and online support

Apps, websites and services where you can find useful information and links for support and self-help for your wellbeing journey and to help your mental health

- >>> **Every Mind Matters** - for wellbeing tips and mental health information
- >>> **Southampton Mental Health Network** - for a directory of local services, groups and support available across the city in your neighbourhood
- >>> **Solent Mind** - for information about their services and support for better mental health
- >>> **Kooth** - free, safe and anonymous online chat and emotional wellbeing with qualified counsellors and therapists, for people aged 11 - 25
- >>> **No Limits** - drop in or online support including counselling and health and wellbeing for people under the age of 26

## Step 2: Get some more support from your community

Talk to someone, see someone, get involved, attend a wellbeing workshop, activity or group

- >>> **Solent Mind Peer Support** - friendly and informal support groups for people living with mental health issues
- >>> **SO:Linked** - peer navigators helping people over 18 to connect to services and support
- >>> **Southampton Mental Health Network** (see step 1)
- >>> **No Limits** (see step 1)
- >>> **Kooth** (see step 1)

## Step 3: Getting some more support from NHS services

- >>> **NHS Talking Therapies (Southampton Steps 2 Wellbeing)** - over 18s can self refer for treatment for common mental health problems like depression, anxiety and stress
- >>> **Speak to your GP** - new mental health support is available in local GP practices
- >>> **NHS 111** - mental health triage team, call 111 or visit NHS 111 online 24 hours a day, 7 days a week

## Step 4: Immediate and urgent help and support if you or someone you know is experiencing a crisis

- >>> **The Lighthouse** - offers a safe space for over 18s in mental health crisis to get support, between 4:30 and 11:30pm. Open 7 days a week.
- >>> **Shout** - text 'HANTS' to 85258 for free, 24/7 mental health text support in the UK
- >>> **NHS 111** (see step 3)
- >>> **Samaritans** - call the helpline on 116 123, 7 days a week, 24 hours a day, for those in emotional distress
- >>> **Safe Haven** - online, telephone and open-access sessions. Emotional and practical support for people aged 11-25 who are experiencing difficulties with their mental health and who need access to out-of-hours help