



Mental Health resources and opportunities available for Parents and Carers



Please find below information and hyperlinks to resources and opportunities which you may find useful if your child or young person is experiencing mental health difficulties, self-harm or suicidal thoughts

1. The Self-harm Support Hub

A dedicated space for anyone who is supporting young people who self-harm or who may be at risk of self-harm in Hampshire, Portsmouth, Southampton and the Isle of Wight.

For parents and carers: [Support for parents, carers, and guardians - Solent Mind](#)

2. Mental Wellbeing Hampshire - Children and Young Families

This page signposts to a variety of services and resources that can support children and young people with their mental wellbeing, including:

- Local advice and support services
- Wellbeing advice from national organisations
- Advice for specific issues
- Free helpline or message service

Link: [Children and Young Families | Health and social care | Hampshire County Council](#)

3. Quick access resource for parents and carers over the summer holidays

We've created a one-page digital resource you can easily save to your phone or computer. It includes quick links to a range of **local and national services** that support children and young people who may be experiencing **emotional or mental health difficulties** over the summer holidays.

[Quick access resource for parents and carers over the summer holidays.pdf](#)

This includes guidance and support around **self-harm, suicidal thoughts**, and other wellbeing concerns. It's designed to help you find the right help, when you need it.