

APPS

There are a variety of apps for ISO and android devices that can support your mental health.

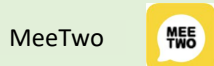
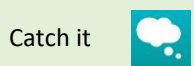
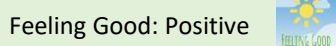
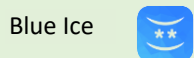
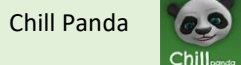
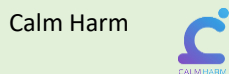
If you are concerned about online safety or bullying visit CEOP to learn about internet safety and report online abuse at www.ceop.police.uk



INSTAGRAM accounts that promote wellbeing:

@journey_to_wellness feature positive animated imagery suitable for children and young people and break down difficult concepts to something easy to understand

@wavesofwellness_mentalhealth post relatable positive mental health images suitable for mature children and above that remind us that we are often not alone with thoughts, feelings and emotions.



GENERAL

BEAT (Beating Eating Disorders) offering advice and guidance on eating disorders with a youth helpline. Tel: 0808 801 0711 Web: www.b-eat.co.uk

Self Harm UK offer support to individuals (14-19 yrs) dealing with and recovering

[Making Every Contact Count - elearning for healthcare \(e-lfh.org.uk\)](http://e-learning-for-healthcare.org.uk)

An interactive learning resource to support people develop the knowledge and understanding to make every contact count by asking others about their health and wellbeing.

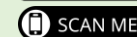


Wellbeing Signposting Guide for young people



Your guide to some of the local services; useful contacts, apps and webpages

Download this leaflet here!



Department for Education

Lots of Information especially for Families and Young People – check out: <https://fish.hants.gov.uk>



mental health

Stem4: Teen mental health charity with useful information online on some of the issues teens face and links to useful apps for each issue

Web: www.stem4.org

CALM (Campaign Against Living Miserably) offer supports to young males struggling with low mood, self-harm and suicidal thoughts. [Tel:0800 585858](tel:0800585858) Web: www.thecalmzone.net

No mental health need is the same from one person to another. We all have a range of mental health needs during our lifetimes. It can include the worries and grief that we all experience as part of everyday life. It can also include serious events or diagnosed mental health conditions for which we may need to seek specialist help.

www.connecttosupporthampshire.org.uk/mentalhealth



EDUCATION

In School? If you are struggle with school life, ask to speak to your Head of Year, Mental Health Lead, SENCO or Pastoral Lead for some guidance and support.

YOUNG MINDS [Problems at school | How To Deal With Problems At School | YoungMinds](#)

CRISIS

If you are worried about your own feelings or someone else's suicidal thoughts or feelings you can contact a range of services for support:

In a life threatening situation call 999

Samaritans: free confidential support 24/7 call 0330 094 5717

KOOTH: www.kooth.com online Mental Health Wellbeing Community

SEXUAL HEALTH

[Sexual Health on Hampshire County Council](#) website has lots of information, including: www.hants.gov.uk/socialcareandhealth/getiton

Clinics – www.letstalkaboutit.nhs.uk

The following websites also offer information and advice on sexual health issues: ***NHS Choices** ***BROOK** ***Family Planning Association** ***Think u Know**

There are lots of support groups for young people who identify as lesbian, gay, bisexual, transgender, gender variant or who are questioning their gender identity/ sexuality across Hampshire, check out this website link:

www.hants.gov.uk/community/lgbt-alliance/lgbt-groups



addiction

The Recovery Hub provides a wide range of support for people experiencing problems with their substances use. - ssj.org.uk/sub-service/recovery-hub/

Drug and Alcohol Rehab Hampshire – Call FREE 0800 170 7000
www.whichrehab.co.uk/drug-alcohol-rehab-hampshire/

More support at: www.catch-22.org.uk/services/hampshire-247-substance-misuse-support/

MONEY

Gamblers Anonymous provides support for gamblers and their friends and/ or family. WEB: www.gamblersanonymous.org.uk

[Barnardo's website](#): Supporting young people/ homelessness

Young Homeless website include: *Centrepnt Homeless Charity // www.nolimitshelp.org.uk // www.actionforchildren.org.uk //

National Debt line provide advice for managing any debts you might have through a free helpline open Mon – Fri 9am – 8pm, Sat 9.30am – 1pm [Tel:0808 808 4000](tel:08088084000) WEB: www.nationaldebtline.org