SIGNPOSTING RESOURCES

Generic

Barnardo's	**Barnardo's** delivers evidence-based parenting programmes, including courses for Autism and ADHD, for parents with children aged 5-17 years. More information about the courses they offer can be found on their website: https://www.barnardos.org.uk/what-we-do/services/hampshire-and-iow-support-neurodiverse-families
Hampshire Youth Access (HYA)	The **Hampshire Youth Access** website helps find local counselling and play therapy options across Hampshire, and also offers information, advice and support. There is more detail available on their website, including how to refer, at: www.hampshireyouthaccess.org.uk/
Kooth	**Kooth** is a free online counselling and emotional well-being support service providing young people aged 11-25 years by a professional team of BACP qualified counsellors. To use the service or find out more visit www.Kooth.com

Early Help Hub	**The Early Help Hubs** can provide support on a range of areas including relationships, behaviours that are challenging, housing issues and emotional health. Further information about the service is available on the Hampshire County Council website: https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/early-help

Children's Wellbeing Support Service	The **Children's Wellbeing Support Service** provides much needed early intervention and support for parents of children with Social, Emotional and Mental Health (SEMH) needs which can present in a similar way to Autism, Attention Deficit Disorder, Attachment Disorder, anxiety and poor emotional wellbeing. Referrals are made by health professionals through the Primary Behaviour Service
This May Help	**This May Help** gives easy-to-follow advice to help families manage their child's mental health. This advice was developed by NHS professionals and parents who've been through their own child's mental health journey. Parents and carers have shared advice that helped them and that may also help other families.
Back to Basics	**Back to Basics -** It is important to have the basics in place when supporting your child's mental health and wellbeing. The Back to Basics approach can help you do this. By making simple changes to your child and family routine as well as lifestyle you will begin to see improvements in your child's overall wellbeing https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/back-to-basics
KOOTH Factsheets	**KOOTH** has created a number of support guides for Young People, which offer helpful advice on social anxiety, eating difficulties, self-injury, suicidal thoughts, and safety plans, in addition to a young person's experience on Kooth. https://cloud.brandmaster.com/shared/assets/bf8f6e0df6443ccd80ee

Helplines and online support	There are a number of organisations who provide helplines and online support for children, young people and their parents or carers. • **www.ChildLine.org.uk** or they can be contacted on **0800 1111** • **www.YoungMinds.org.uk** or they can be contacted on **0808 802 5544** • **www.Samaritans.org** or they can be contacted on **116 123**

	• You can call **NHS 111** if you or someone you know needs urgent care, including for mental health, but it's not life threatening. If you, or someone else, is in a life-threatening situation call **999** If you are experiencing a mental health **crisis** and need support, you can **text** SHOUT to 85258. We know that finding the right support is important, especially if you need someone to talk to right now. We aim to connect every texter to a trained volunteer promptly to provide **crisis** help.
Advice and Guidance	GPs in our catchment area can now access the **CAMHS Advice and Guidance system** for support and advice on medication for young people with any mental health condition (not only those open to CAMHS), and advice around the use of melatonin in young people. To access the A+G service, please write a letter or email with your question, ensuring it states 'for Advice and Guidance to CAMHS', and send to our Single Point of Access: HantsCAMHSSPA@spft.nhs.uk
Children's Wellbeing Practitioner (CWPs)	If you would like some additional support regarding their mental health there are also the **Children's Wellbeing Practitioners (CWPs)** who link with local GP's. CWP's offer short-term, low intensity guided self-help based on Cognitive Behavioural Theory (CBT) to young people and families. They aim to provide young people and/or parents with tools and strategies to better manage their difficulties. Please speak to your GP and ask if there is a children's wellbeing practitioner in the practice, who they may make a referral directly if appropriate

NSPCC (Online Safety)	**NSPCC** have advice to help you learn about staying safe online as a family. They have guides and resources for children around online abuse and help them recover if they've experienced it. https://www.nspcc.org.uk/keeping-children-safe/online-safety/

Home Safety Worksheets and Videos	**CEOP** have activity sheets and videos to help support keeping your children and family safe online. They cover topics including Social Media, Online Gaming, Sharing Images and Watching Videos online, Livestreaming and cyber security. https://www.ceopeducation.co.uk/parents/home-activity-worksheets/
No Limits Safe Haven	**No Limits** provide the **Safe Haven** Crisis support services for young people who are experiencing difficulties with their mental health and who need access to our of hours emotional and practical support. They offer online, telephone and open-access sessions to talk to someone in confidence about ongoing crises. https://nolimitshelp.org.uk/get-help/health-wellbeing/safe-havens/
HappyMaps	**HappyMaps** is an award-winning charity founded by healthcare professionals in collaboration with parents and young people. They help alleviate the time and challenge families face when seeking help, and to navigate online information and find resources you can trust. Their website contains accurate information and recommended resources endorsed by CAMHS and fellow parents and young people. https://www.happymaps.co.uk/
Children's Therapy Service	**The Children's Therapy Service** supports children and young people aged 0 – 19 living in Hampshire, Southampton and Portsmouth. The service is made up of the following teams Speech and Language Therapy, Physiotherapy and Occupational Therapy. To make a referral, call: **0300 300 2019** or complete the referral pack which can be found at: https://www.solent.nhs.uk/our-services/services-listings/childrens-therapy-service/
Solent Youth Action	**Solent Youth Action** are a Hampshire based youth charity, supporting vulnerable young people aged 10-25 with disabilities, mental health issues, young carers & young offenders. You can find more information, as well as their contact details from their website: https://www.solentyouthaction.org.uk/

Hampshire - Youth Crime Prevention	**Hampshire Youth Crime Prevention** is provided by **Hampshire and Isle of Wight Youth Offending Teams (YOT)**. YCP work with young people aged 10 to 16 who are at risk of offending and have not been to court and aim to stop them from developing patterns of persistent and more serious offending in the future. https://www.hampshirescp.org.uk/parents-and-carers/supporting-your-adolescent/keeping-teens-safe-outside-the-home/youth-crime-prevention-the-youth-justice-system/ A copy of the referral form and how to submit can be found : https://www.hampshirescp.org.uk/wp-content/uploads/2020/06/hyot_-_generic_-_ycp_-_youth_crime_prevention_referral_form_-_tplate.doc
Victim Support	**Victim Support** is an independent charity, who provide specialist services to help people manage after crime and to empower them to ensure their voices are heard individually and collectively at a local and national level. https://www.victimsupport.org.uk
Victim Care Hub	**Victim Care Hub** provide free, confidential and independent support for people affected, witness or victim from a crime. Support is tailored to you and your needs to help you recover from the effects of crime. Their carehub is open 8am to 8pm (Monday to Saturday. **Free Phone**: 0808 178 1641 24/7 **Support Line**: 0808 168 9111 https://www.hampshireiowvictimcare.co.uk/

Abuse and Trauma (Sexual and Domestic)

Yellow Door	**Yellow Door** provides support, advice and counselling to young people who have experienced domestic or sexual abuse. They offer a wide range of specialist therapeutic, supportive and preventative services around the issues of sexual abuse and violence: www.yellowdoor.org.uk
Stop Domestic Abuse	**Stop Domestic Abuse** is an innovative and unique provider of all services to those affected by domestic abuse. They can be contacted on 0330 016 5112 or email advice@stopdomesticabuse.uk. More information can be found on their website https://stopdomesticabuse.uk/stop-domestic-abuse-homepage
MOSAC	**MOSAC** support (non-abusing) parents and carers of children who have been sexually abused. They provide advocacy, advice, training, support services and information for parents, carers and professionals dealing with child sexual abuse. More information can be found on their website **www.Mosac.org.uk** or they can be contacted on **0800 980 1958**
Hampton Trust	The **Hampton Trust** work to prevent violence, domestic abuse and social isolation. They provide a variety of programmes and services for young people and families. More information can be found on their website www.HamptonTrust.org.uk or they can be contacted on **02380 009 898**

START	**START - https://start-org.uk/** The new Sexual Trauma & Abuse Restorative Therapies service. START offers a confidential specialist counselling and support service for anyone who has experienced sexual abuse and / or sexual assault and has suffered sexual trauma.
Frankie Workers	**Frankie Workers** - A dedicated counselling service for victims of child sexual abuse. The Frankie Worker Service is available to Children 0-18 years and is a 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.
Beacon House	**Beacon House** have a website with information and resources on developmental trauma, we would recommend accessing their website and suitable resources. https://beaconhouse.org.uk/resources/
You	**You** Across South and South West England, YOU creatively empowers people every year to thrive in their communities website - https://theyoutrust.org.uk/young-lives/
STAR Counselling	**STAR counselling** is our Sexual Trauma and Recovery Counselling team working across the South of Hampshire, Portsmouth and the Isle of Wight. We work with people who have experienced Sexualised Trauma, whether this be recent or non-recent rape, sexual abuse or sexual violence/crime. Website- https://starcounselling.org.uk/ or 0800 121 4690

Paragon	**Paragon (post DA)** Our PARAGON team of counsellors are specifically trained within a DA trauma framework, meaning they are experienced in working in the area of Domestic Abuse. This includes the psychological impacts and psychosocial aspects it brings with it. Website - https://paragonteam.org.uk
Future in Mind	**Future in Mind** provide a residential service to young people with emotional and behavioural problems, many of whom will have experienced some form of abuse or trauma. In particular in-depth attachment therapy is offered and this therapy informs all day to day living experiences for the young people accommodated. https://www.future-in-mind.co.uk/
UK Trauma Council	**UK Trauma Council** is designed to help professionals and carers understand the latest neuroscience research on childhood abuse and neglect, with insights and advice from clinicians, teachers, and social workers on how to put your learning into practice. https://uktraumacouncil.org/resources/childhood-trauma-and-the-brain
Hampshire CAMHS – Trauma handout	**The Hampshire CAMHS website** has a useful handout with useful tips and signs for spotting PTSD symptoms, as well as advice and resources you can accessing to help support a young person struggling with PTSD. https://hampshirecamhs.nhs.uk/wp-content/uploads/2018/03/Complex-and-Developmental-trauma-pace.docx
Galop	**Galop** works directly with thousands of LGBT+ people who have experienced abuse and violence every year. They run four national support helplines for LGBT+ victims and survivors of: domestic abuse; hate crime; rape and sexual abuse; and so-called "conversion therapy". For more information about what they offer, you can access their website: https://galop.org.uk/

ADHD

BRAAIN	**BRAAIN** support parents and carers of children with Attention Deficit Hyperactivity Disorder (ADHD) and Autistic Spectrum Condition (ASC) or Special Educational Needs (SEN). More information can be found on their website www.Braain.co.uk or they can be contacted at enquiries@braain.co.uk
ADDISS	The National **Attention Deficit Disorder Information and Support Service (ADDISS)** provide information and resources about ADHD to families and professionals. More information can be found on their website www.addiss.co.uk or they can be contact on 020 8952 2800 or info@addiss.co.uk
Re:Minds	**Re:Minds** is a Southampton based organisation supporting families whose children/young people have Autism, ADHD or other neurodiverse needs and/or mental health needs - with or without a diagnosis. https://www.reminds.org.uk/
Youth and Families Matter	**Youth and Families Matter** - run local support groups for parents with children with ASC and ADHD. https://www.youthandfamiliesmatter.org.uk/

Support for Challenging Behaviour	• You may also wish to discuss with school a referral to the **Primary Behaviour Service**, a team of dedicated practitioners working in Hampshire primary schools to promote positive behaviour and emotional wellbeing. You may wish to discuss with the GP a referral to the **Children's Wellbeing Practitioners** (CWPs). CWP's offer short-term, low intensity guided self-help based on Cognitive Behavioural Theory (CBT) to young people and families. They aim to provide young people and/or parents with tools and strategies to better manage their difficulties. Please speak to your GP and ask if there is a children's wellbeing practitioner in the practice, who they may make a referral directly if appropriate
'Helping Hyperactive Kids: A Sensory Integration Approach – Techniques and Tips for Parents and Professionals'	**'Helping Hyperactive Kids: A Sensory Integration Approach – Techniques and Tips for Parents and Professionals'** by Lynn Horowitz and Cecile Rost. This book provides a complete overview and explanation of the therapy, as well as practical sensory integration-based techniques that can be used by teachers and parents to help the hyperactive child
'Smart but scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential'	**'Smart but scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential'** by Peg Dawson and Richard Guare. The book provides easy-to-follow steps to identify strengths and weaknesses within children between 4-13 years old, activities and techniques to boost executive functioning skills such as organization and inhibition skills, and problem-solve daily routines.
'Smart but scattered teens: The "Executive Skills" Program for Helping teens Reach Their Potential'	**'Smart but scattered teens: The "Executive Skills" Program for Helping teens Reach Their Potential'** by Peg Dawson and Richard Guare. This book provides a positive guide to promote teenager's independence by promoting their abilities to get organized, stay focused and control impulses and emotions.

Understanding ADHD	"**Understanding ADHD**" by Dr Christopher Green explains the treatments and causes of Attention Deficit Disorder. This book dispels the myths about ADHD and gives a clear overview of the condition: the causes, the behaviours and the treatments. Full of well-tried, practical strategies to help with common problems such as inattention, underachievement and impulsiveness.
Kids in the Syndrome Mix of ADHD, LD, Autism Spectrum, Tourette's, Anxiety and More	'**Kids in the Syndrome Mix'** by Martin Kutscher is a concise, scientifically up-to-date, all-in-one guide to the whole range of often co-existing neuro-behavioral disorders in children. Dr. Kutscher provides accessible information on causes, symptoms, interactions with other conditions, and treatments. He presents effective behavioral strategies for responding to children who display traits of these disorders-whether at home, at school, or in other settings-along with case vignettes and practical tips.
Self Regulation Interventions and Strategies	**'Self-Regulation Interventions and Strategies'** by Teresa Garland, features more than 200 practical and proven interventions, strategies and adaptation for helping children gain more control over their lives.
SMALL TALK: 10 ADHD lies and how to stop believing them	**SMALL TALK: 10 ADHD lies and how to stop believing them** by **Richard and Roxanne Pink.** Learn how to: Identify your limiting ADHD beliefs, Break free from neurotypical standards and Support and understand your ADHDers.

Autism Spectrum Conditions (ASC)

Autism Hampshire	**Autism Hampshire** provides information and advice to parents and children with a diagnosis or waiting for an Autism assessment. More information can be found on their website www.AutismHampshire.org.uk or they can be contacted on 02380 766162
National Autistic Society	The **National Autistic Society** provides help and advice for children and their parents with a diagnosis or waiting for an Autism assessment. More information can be found on their website www.Autism.org.uk
Koala	**Koala** offers autistic-led support for autistic and neurodivergent individuals, their families and carers. A diagnosis is not needed. Based at the Bridge in Andover. Support is provided through peer groups, training, drop-ins and much more. **www.koalacommunityhub.co.uk**
Ask About Autism	**Ask About Autism** is a service designed to help families of children with ASC as well as those going through the diagnosis process. This service has been developed by three different organisations across Hampshire – BRAAIN, Hampshire Parent Carer Network and Parent Voice, Isle of Wight. They provide support to families through workshops, support groups and an information line. You can find out more information on BRAAIN's website at www.braain.co.uk/ask-about-autism

The Curly Hair Project	**The Curly Hair Project** is a social enterprise that supports people on the autistic spectrum and the people around them, providing numerous podcasts, books, videos, workshops, trainings and resources on their website https://thegirlwiththecurlyhair.co.uk/
Parent to Parent	**Parent to Parent** is a service run by the National Autistic Society and is a UK-wide confidential telephone service providing emotional support, the opportunity to talk through problems and feelings, suggest helpful strategies and provide a non-judgemental listening ear to parents and carers of children or adults with autism. The service is provided by trained parent volunteers who are parents themselves of a child or adult with autism. www.Autism.org.uk
'The Out-of-Sync Child'	We recommend the book **'The Out-of-Sync Child'** by Carol Stock Kranowitz. This book offers numerous ideas and strategies to help parents tackle children and young people sensory processing difficulties.
Self-Regulation Interventions and Strategies	**'Self-Regulation Interventions and Strategies'** by Teresa Garland, features more than 200 practical and proven interventions, strategies and adaptation for helping children gain more control over their lives.
Autistica	**Molehill Mountain** is an app to help autistic people understand and self-manage anxiety. You can use Molehill Mountain to explore the causes and symptoms of anxiety, track your worries and the situations that trigger anxiety, get evidence-based daily tips to understand more about anxiety to help you feel more confident to self-manage anxiety: www.autistica.org.uk/molehill-mountain

Friends of in Touch	**Friends of in Touch** are a registered charity that supports emotionally and socially vulnerable children and young people with autistic spectrum conditions, and behaviours associated with them. They can offer individual and group intervention with the goal of facilitating social inclusion and promoting emotional wellbeing and mental health http://www.friendsofintouch.org.uk/
Support for Challenging Behaviour	• You may also wish to discuss with school a referral to the **Primary Behaviour Service**, a team of dedicated practitioners working in Hampshire primary schools to promote positive behaviour and emotional wellbeing. • You may wish to discuss with the GP a referral to the **Children's Wellbeing Practitioners (CWPs)**. CWP's offer short-term, low intensity guided self-help based on Cognitive Behavioural Theory (CBT) to young people and families. They aim to provide young people and/or parents with tools and strategies to better manage their difficulties. Please speak to your GP and ask if there is a children's wellbeing practitioner in the practice, who they may make a referral directly if appropriate

Otismo	**Otismo** has made a comprehensive guide on how to tackle food aversions and food sensitivity amongst children with autism. https://otsimo.com/en/how-to-get-child-to-eat/
Re:Minds	**Re:Minds** is a Southampton based organisation supporting families whose children/young people have Autism, ADHD or other neurodiverse needs and/or mental health needs - with or without a diagnosis. https://www.reminds.org.uk/

Youth and Families Matter	**Youth and Families Matter** - run local support groups for parents with children with ASC and ADHD. https://www.youthandfamiliesmatter.org.uk/
Understood	**Understood** is a nonprofit organisation based in the US, dedicated to shaping the world for difference. They provide online resources and support so people who learn and think differently can thrive — in school, at work, and throughout life. https://www.understood.org/en/
The Spectrum Girl's Survival Guide	**'The Spectrum Girl's Survival Guide: How to Grow Up Awesome and Autistic'** by Siena Castellon covers topics from emotions, physical and mental health and coping with anxiety and sensory overloads. There are also practical tips for friendships, dating, body image, consent and appearance, and surviving school and bullying.
Amazing Things Project on Youtube	**Amazing Things Project** on Youtube, has made a video introduction to autism that aims to raise awareness among young non-autistic audiences, to stimulate understanding and acceptance in future generations. https://www.youtube.com/watch?v=Ezv85LMFx2E
Autism Parenting Magazine – Sensory Processing Disorder	**Autism Parenting** has a free to access article on recognising and differentiating Sensory Processing Disorder from ADHD/ ASC and how they overlap. They also have a subscription based magazine providing articles on developing social skills, special education, transitioning to Adulthood, sensory issues, latest news, research and solutions, real life stories. https://www.autismparentingmagazine.com/auditory-processing-disorder/

National Autistic Society - Groups	**The National Autistic Society** host many local support groups for Young People and Families living with and supporting autism. Their website has more information on what local groups are being held around the county that you may find helpful. https://www.shantsnas.org.uk/local-support-groups
PEACE Pathway	**The Peace Pathway** are developing a support network for sharing materials, tips and knowledge acknowledging and supporting people with co-morbid Eating Disorders and Autism diagnoses. They have lots of information and accessible resources on their website, https://peacepathway.org/carers/resources
Understanding Autistic Burnout'	'**Understanding Autistic Burnout' by Viv Dawes** helps parents of autistic children and professionals working with autistic children and adults, to understand autistic burnout. This book explains what autistic burnout is, the symptoms, the causes, triggers and what can and what will not help the person experiencing burnout. There is a symptom tracker, worksheets to help people identify triggers and also worksheets to look at what can help with healing and prevention. There are also support sheets that can be used to explain symptoms to others, such as doctors, teachers, and mental health professionals.
'Comic Strip Conversations: Illustrated Interactions that Teach Conversation Skills to Students with Autism'	**'Comic Strip Conversations: Illustrated Interactions that Teach Conversation Skills to Students with Autism'** by Carol Gray is a book that combines simple drawings with symbols to illustrate what people say, and may think, during conversation. It can be really valuable in helping to develop some of the skills around understanding what is said and unsaid and challenge some of the concrete thinking that people with ASC tend to experience.

Anxiety and Low Mood

Self Sooth Box	You may find it helpful to make a **self-soothe box** which can be used when feeling worried. A video demonstrating how to do this can be found on the Hampshire CAMHS website: https://hampshirecamhs.nhs.uk/video/5-of-7-make-your-own-self-soothe-box/
Chat Health	**Chat Health** - a secure and confidential text service which allows patients to easily and anonymously get in touch with health care professionals for advice and support. In Hampshire young people can text 07507 332160 and more information can be found on their website www.HealthForTeens.co.uk/health/about-chathealth/

Self-Help Workbooks for Anxiety and Low Mood	We recommend the following downloadable workbooks from the Hampshire CAMHS website: • **How to Beat Anxiety**' self-help workbook (for children) • The '**Anxiety Management**' self-help workbook (for teens) which can be found and downloaded from our website • **Wellbeing in ACTion,** for young people who want help with the ups and downs of life and want things to change. https://hampshirecamhs.nhs.uk/help/young-people

Self-Help Workbooks for Anxiety	We recommend the following downloadable workbooks from the Hampshire CAMHS website: • **How to Beat Anxiety**' self-help workbook (for children) which can be found and downloaded from our website • The '**Anxiety Management**' self-help workbook (for teens) which can be found and downloaded from our website https://hampshirecamhs.nhs.uk/help/young-people
Self-Help Workbooks for Low Mood	We recommend the following downloadable workbooks from the Hampshire CAMHS website: • **Wellbeing in ACTion,** for young people who want help with the ups and downs of life and want things to change. https://hampshirecamhs.nhs.uk/help/young-people
Helping your Child with Fears and Worries	**'Helping your Child with Fears and Worries: 2nd Edition'** By Cathy Creswell and Lucy Willets
A Kid's Guide to Overcoming Anxiety'	**'What to do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety'** by Dawn Huebner is an interactive self-help book designed to guide 6-12-year olds and their parents through the cognitive-behavioural techniques most often used in the treatment of generalized anxiety

Kids in the Syndrome Mix of ADHD, LD, Autism Spectrum, Tourette's, Anxiety and More	'**Kids in the Syndrome Mix'** by Martin Kutscher is a concise, scientifically up-to-date, all-in-one guide to the whole range of often co-existing neuro-behavioral disorders in children. Dr. Kutscher provides accessible information on causes, symptoms, interactions with other conditions, and treatments. He presents effective behavioral strategies for responding to children who display traits of these disorders-whether at home, at school, or in other settings-along with case vignettes and practical tips.
Understood	**Understood** is a nonprofit organisation based in the US, dedicated to shaping the world for difference. They provide online resources and support so people who learn and think differently can thrive — in school, at work, and throughout life. https://www.understood.org/en/
YoungMinds for Emetophobia	**YoungMinds** have a page of information and resources for people struggling with emetophobia. https://www.youngminds.org.uk/young-person/blog/coping-with-emetophobia/
The Anxious Child	**The Anxious Child** is a free to access booklet for parents and carers wanting to know more about anxiety in children and young people. This can be read online, as well as downloaded as a pdf from the website. https://www.mentalhealth.org.uk/explore-mental-health/publications/anxious-child
Anna Freud	**The Anna Freud** website has shared many strategies and resources around self-care, as developed by professionals, research and young people from mental health groups. https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/

Armed Forces Support

Youth Options **NVR training courses**	**Youth Options** provide a free to access course for **Non-Violent Resistance (NVR)** therapeutic intervention. They take referrals for families experiencing child-to-parent violence, aggression, challenging or self-harming behaviours, for focus young people living in Hampshire aged 5 – 17 years. They provide NVR support for families having difficulties with Trauma, ASD, ADHD, SEN and more. For more information and to access a referral form, please contact jemmacowley@youthoptions.org.uk
The Ripple Pond	**Ripple Pond** is a charity providing peer support to the Armed Forces families who are supporting British Service Personnel and Veterans who are living with a physical injury or mental illness. Their peer support service will connect you, virtually or face-to-face, with a network of Forces families, who'll offer you genuine support and understanding. Their services are completely free and confidential. Website: www.theripplepond.org Phone: 0333 900 1028 Email: help@theripplepond.org
Togetherall	**Togetherall** is a 24/7 online mental health and wellbeing resource that is free to access for any members of the Armed Forces community. Togetherall is a clinically managed, online community designed to improve mental health. The platform provides anonymous, peer-to-peer interactions so that as many people as possible can benefit from instant, easy-access and round-the-clock support when they need it. www.togetherall.com
Combat Stress	**Combat Stress** has a 24-hour Helpline that is available to all veterans and their families for confidential mental health advice and support. They also have a range of online self-guided resources, to help veterans with a variety of mental health difficulties, including: PTSD, depression, anxiety, anger, and alcohol and substance misuse. https://selfhelp.combatstress.org.uk **0800 138 1619 (for Veterans & Families)** **0800 323 4444 (for Serving Personnel & families)**

SSAFA | The Armed Forces Charity	**SSAFA** provides a range of support for serving and ex-Service personnel and their families, including transitional mentoring for Service leavers, housing and housing advice, adoption and support groups. SSAFA also offers practical and financial support across the Armed Forces world. Please contact: 0207 403 8783 www.ssafa.org.uk
SSAFA | The Armed Forces Charity | Short Breaks Programme	**SSAFA** runs the **Short Breaks programme**; a free mid-week break for Forces families who have a child with an additional need and/or disability between the ages of 5 -18 years. The break is an opportunity for families to spend quality time together, to try fun adventure activities which cater to all disabilities and to meet other families in similar situations. www.ssafa.org.uk/get-help/disability-support or email ANDA@ssafa.org.uk
SSAFA | The Armed Forces Charity | Forceline	**SSAFA's Forceline** is a free and confidential telephone helpline and email service that provides support for current and ex-Service men and women from the Armed Forces and their families. It is completely independent of the military chain of command and is available to talk and offer signposting around concerns of stress, mental health symptoms, trauma, drug and alcohol misuse and any other worries. Forcesline can also provide confidential around absent without leave (AWOL). **Call: 0800 731 4880** - lines (09:00 – 17:30). www.ssafa.org.uk/how-we-help/forcesline

Bereavement

Simon Says	**Simon Says** support young people in Hampshire with the loss of someone close to them. More information can be found on their website www.SimonSays.org.uk and they can be contacted on Info@SimonSays.org.uk or on their helpline 02380 647 550
Winston's Wish	**Winston's Wish** provides support to children and families who are experiencing bereavement to help manage their grief. More information can be found on their website www.WinstonsWish.org and they can be contacted on 0808 802 0021
Cruse	**Cruse** offer support and advice to children and adults when someone dies. This includes **Hope Again** which is the youth specific website created by Cruse. More information can be found on their website www.Cruse.org.uk or you can talk to someone directly through their helpline 0808 808 1677.
The Bereavement Charity	**The Bereavement Charity -** Counselling service for bereaved people, usually on an individual basis. There is a children's group which often works with bereaved children in a group setting and can incorporate the assistance of parents. https://www.bereavementcharity.org.uk/ Tel: 0845 051 0961

Bullying

Kidscape	**Kidscape** help families and young people who are facing bullying. The website contains a wealth of information for young people, parents and professionals www.KidScape.org.uk. They can be contacted on 020 7730 3300 or info@KidScape.org.uk
NSPCC - Bullying	The **NSPCC** Website has advice for parents and carers to help keep children safe from bullying, whenever it happens. They have guides and resources for children around bullying and cyberbullying. https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/

Counselling

Hampshire Youth Access (HYA)	The **Hampshire Youth Access** website helps find local counselling and play therapy options across Hampshire, and also offers information, advice and support. There is more detail available on their website, including how to refer, at: www.hampshireyouthaccess.org.uk/ ***Please Note, currently, HYA website reads: "Owing to unprecedented demand, we are unable to offer counselling to anyone in Hampshire, or those aged 11+ in Portsmouth, who are not already on the waiting list. Counselling is still available for young people in Southampton (SO14 - SO19) and ages 5-10 in Portsmouth."***
Kooth	**Kooth** is a free online counselling and emotional well-being support service providing young people aged 11-25 years by a professional team of BACP qualified counsellors. To use the service or find out more visit www.Kooth.com
iTalk	You can make a self-referral to **iTalk** by using their on-line referral form. iTalk is a free service for people aged 16+ experiencing depression, anxiety, phobias, OCD and PTSD. They offer online, telephone, group and 1-to-1 support. More information can be found on their website www.iTalk.org.uk or they can be contacted on 02380 383920 or info@italk.org.uk

Stop Think Breathe	**Stop.Breathe.Think** gives eligible young people aged 8-21 access to free 1-1 counselling sessions. They aim to provide counselling for young people who would otherwise be unable to afford it, with low waiting times and nationally available. https://www.stopbreathethink.org.uk/
No Limits	**No Limits** offer therapeutic support for 5-17 year olds (or 11-24 for care leavers and SEND). Their youth wellbeing practitioners and counsellors are all trained, supportive and friendly. You can speak to them about any issue you're facing, in a private, confidential session. They can offer Guided Self-Help, One-to-One work and Group Work. https://nolimitshelp.org.uk/mental-health-and-wellbeing/therapeutic-support/
YoungMinds	**YoungMinds** provides information and support for young people including a 24/7 crisis messenger. If you are experiencing a mental health crisis and need support, you can text SHOUT to 85258. More information on YoungMinds can be found on their website **www.YoungMinds.org.uk**
YPI	**YPI** is a youth counselling service that provides mental health and emotional support to young people aged 11 to 25 years and parents of all ages through a range of interventions for a wide range of issues those including anxiety, depression, relationship difficulties and self-harm. More information and their referral form can be found on their website www.YPICounselling.co.uk or they can be contacted on **01256 423878** or by using the referral portal found at: **www.ypidatabase.net/portal**
Off the record	A request for counselling can be made directly to ***Off The Record*** *Counselling Service* in Havant for 11-25 year olds; Telephone 023 9247 4724, website: otr-south.org.uk - this service can also offer support for young carers and support for parents/carers.

Moving on Project	A request for counselling can be made directly to ***'Moving On Project'*** with centres in Fareham and in Gosport for 11-25 year olds; Telephone 01329 822331, website: www.the-mop.org
Upturn	A request for emotional support can be made directly to ***Upturn***, a Fareham and Gosport Young Person's Wellbeing Service for young people (14-18) suffering with stress, anxiety, low self-esteem and/or low mood. 1:1, small group sessions and workshops can be available; https://www.solentmind.org.uk/support-for-you/our-services/upturn/ , telephone 01329 281445.
Mind East Hants Wellbeing Service	**Havant and East Hants Mind, Children & Young People Wellbeing Service** offer a range of service - https://www.easthantsmind.org/ In the Havant area, **Safe Haven** is a mental health crisis service for young people in need of emotional support. During the COVID-19 pandemic call freephone 0300 303 1580 or email cypsafehaven@easthantsmind.org between 5pm – 8pm Tuesdays, Wednesdays or Thursdays to make an appointment
King's Arms Youth Project	**The King's Arms Youth Project** is a charity that has been set up to meet the needs of 11 – 18 year olds living in Petersfield and the surrounding villages. They run a range of youth clubs, skills workshops, group work programmes, mentoring and targeted support groups for young carers and young people with autism. Telephone: 01730 231292, website: www.thekingsarms.org.uk
It's Your Choice	**It's Your Choice** offers short term individual, face-to-face counselling for young people aged 11-25 years. If you would like to refer yourself, or you are working with a young person who you feel would benefit from counselling, you can download a referral form for counselling to complete from their website https://iyc.org.uk/need-help/counselling/

Teapot Trust	**Teapot Trust** have accessible resources for art therapy and can take on referrals for online art therapy. They deliver art therapy by fully qualified and professionally registered art therapists in hospitals, schools, community art settings and online. https://www.teapot-trust.org/
Building Connections	**Building Connections** is an 11 week, online Befriending service for young people experiencing a sense of isolation or loneliness. Young people work with a trained befriender, who guides them and champions them each step of the way. Building Connections gives young people tools that can help them build their confidence and better equip them to manage loneliness. https://learning.nspcc.org.uk/services/building-connections
The Lighthouse Project	**The Lighthouse** is a drop in, youth-club style service for children and young people aged 10-18 years old with a mental health and wellbeing focus who live in the Borough of Havant. Call in to this fun, safe and supported environment facilitated by youth workers and mental health practitioners. No referral needed.
DBT Distress Tolerance: Exercises, Videos and Worksheets	Distress Tolerance is an extension of mindfulness in **Dialectical Behaviour Therapy (DBT)**. These 10 exercises are aimed at teaching you to accept distressing situations without judgment. Adding another building block to aid with emotion regulation and interpersonal effectiveness. https://dialecticalbehaviortherapy.com/distress-tolerance/ https://dialecticalbehaviortherapy.com/distress-tolerance/tipp/
Young People's Hub	**Young People's Hub** run online wellbeing groups for young neurodivergent and/or disabled people aged 13-25 and host many guides with information and advice on topics that young people may find difficult, such as going to the dentist, employment or transitions to adulthood. https://hub.kids.org.uk/

Criminal Risk

Safe4Me	The **Safe4me** website provides educators, service providers and parents with information and resources to help educate, guide and support children and young people to keeping safe. https://www.safe4me.co.uk/
Catch22	**Catch22** has released a resource pack providing information and guidance around Child Exploitation and grooming, warning signs and how to get help.
Children Heard and Seen	**Children Heard and Seen** is a charity that supports children and families impacted by parental imprisonment. They offer: 1:1 support, activity groups, volunteer mentoring, parent support and an annual summer residential. Support can be provided virtually and some areas in person. **TEL**: 07557 339258 **EMAIL**: info@childrenheardandseen.co.uk . https://childrenheardandseen.co.uk/
PACT	**PACT** have a support line, and provides advice and guidance on their website around parenting when a child's loved one goes to prison. **Email**: support@prisonadvice.org.uk https://www.prisonadvice.org.uk/get-help/children-young-people/supporting-your-child/
Prisoners' Families Helpline	**Prisoners' Families Helpline** offer free, confidential support and advice for families in England and Wales who have a loved one in contact with the criminal justice system. **Helpline**: 0808 808 2003 https://www.prisonersfamilies.org/

Eating Difficulties

Live-Well	NHS advice about healthy living, including eating a balanced diet, healthy weight, exercise, quitting smoking and drinking less alcohol. https://www.nhs.uk/live-well/
BEAT	**BEAT** tries to encourage and empower people to get help for Eating Difficulties quickly. They provide listening support, understanding towards illness and support them to take positive steps towards recovery. They also provide support for families in supporting those with Eating Disorders. They can be accessed from their website https://www.beateatingdisorders.org.uk
NEDA	**The National Eating Disorders Association** has a wealth of information on Eating Disorders and related conditions and eating concerns that you may wish to read. They have pages on Disordered Eating vs Eating Disorders, Media and common comorbidities. https://www.nationaleatingdisorders.org/grace-holland-cozine-resource-center-children/
NEDA – Information on ARFID	**The National Eating Disorders Association** has lot of information about ARFID (Avoidant/Restrictive Food Intake Disorder). https://www.nationaleatingdisorders.org/avoidant-restrictive-food-intake-disorder-arfid/

ARFID Awareness UK	**ARFID Awareness UK** are a charity dedicated to raising awareness and furthering information about Avoidant/Restrictive Food Intake Disorder. They provide individuals, parents, carers and medical professionals with up-to-date relevant information, research and support. https://www.arfidawarenessuk.org/
NHS Support Page for Pica	**The NHS** has a page with information and behavioural strategies around and supporting Pica (eating of non-edible items). More information can be found on their website: https://www.cambspborochildrenshealth.nhs.uk/services/cambridgeshire-community-paediatrics/pica-eating-non-edible-items/
PEACE Pathway	**The Peace Pathway** are developing a support network for sharing materials, tips and knowledge acknowledging and supporting people with co-morbid Eating Disorders and Autism diagnoses. They have lots of information and accessible resources on their website, https://peacepathway.org/carers/resources

Equality, Diversity and Inclusion (LGBT+, Culture, etc)

Breakout Youth	**Breakout Youth** offer a confidential support service for young people aged 11 to 21, who are lesbian, gay, bisexual, transgender, questioning or unsure of their sexuality or gender identity. https://www.breakoutyouth.org.uk/services/ **Email**: hello@breakoutyouth.org.uk **Contact Number**: 02380 224 224
Mind Out	**Mind Out** have Online Support Workers who provide support to LGBTQ communities through instant messaging, which is available everyday including evenings and weekends. More information can be found on their **website**. https://mindout.org.uk/ **Contact Number**: 01273 234839 **Email**: info@mindout.org.uk
Beyond Reflections	**Beyond Reflections** offer support to parents and carers whose children are trans, non-binary or questioning their gender identity (TNQ). Currently most of their support is online in small support groups, though they do have one face to face social group in Southampton. https://beyond-reflections.org.uk/contact/

Yellow Door	**Yellow Door -** Parents, carers and schools frequently and understandably struggle with how best to respond to a child presenting with gender related distress. We provide between 1-6 therapeutic sessions (depending on need) where those involved can come together to consider how best the child can be supported with managing these difficulties. www.yellowdoor.org.uk
Yellow Door	**Yellow Door** run a therapy group that meets on a Thursday 5.15-6.45pm during term time. Using our combined training in Art Therapy and talking therapies the two facilitators aim to engage young people in: - exploring gender identity / dysphoria and building skills that help with anxiety, social communication and recognising strengths. www.yellowdoor.org.uk
Hampshire CAMHS Website	The **Hampshire CAMHS website** has resources and downloads to podcasts, websites and Apps that can help support and provide guidance around Sexuality and Gender Identity. https://hampshirecamhs.nhs.uk/help/professionals/sexuality-and-gender-identity/
Kooth	**Kooth** has a variety of information sheets on topics such as colourism and dealing with mixed heritage, as information packs for parents/carer and other digital resources. More digital resources can be found https://cloud.brandmaster.com/shared/assets/fea9f3299db8e1a07aef where you can find free digital additional digital resources that you can download.
Kooth	**Kooth** has presentations and recordings on how they can support Diverse Identities. https://vimeo.com/877099439?share=copy

NSPCC - Racism	The **NSPCC** website has advice for parents to help understand how to talk to children about race and racism, and what you can do to support a child who's experiencing racist bullying. They have guides and resources for children around race and racism. https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/children-race-racism-racial-bullying/
Kidscape - Bullying	**Kidscape** has a wealth of information to help support children, parents and professionals dealing with the effects of discriminatory bullying including [LGBT / Racist / Disabled / Faith-Targeted / Young Carers-related / Appearance-related] bullying. https://www.kidscape.org.uk/advice/advice-for-parents-and-carers/discriminatory-bullying
Galop	**Galop** works directly with thousands of LGBT+ people who have experienced abuse and violence every year. They run four national support helplines for LGBT+ victims and survivors of: domestic abuse; hate crime; rape and sexual abuse; and so-called "conversion therapy". For more information about what they offer, you can access their website: https://galop.org.uk/
PEACE Pathway	**The Peace Pathway** are developing a support network for sharing materials, tips and knowledge acknowledging and supporting people with co-morbid Eating Disorders and Autism diagnoses. They have lots of information and accessible resources on their website, including for BAME, LGBTQ+ and Mental health in men. https://peacepathway.org/carers/resources

Family Support

Gingerbread	**Gingerbread**: A charity supporting single parents. They have information and workbooks to support children whose parents are splitting up. https://www.gingerbread.org.uk/information/children-of-single-parents/children-whose-parents-are-splitting-up/
Relate	**Relate** with a group of licensed local counsellors that provide face-to-face counselling and support. Their counselling services include relationship counselling, family counselling, mediation, children's counselling and young people's counselling. They also have toolkits, course and get help pages that offer practical tips to help you manage common relationship issues. Please note that this is a means-tested service, for more information. https://www.relate.org.uk/
Family Lives	**Family Lives** have a source of information and a helpline, should you wish to talk to someone about parenting challenges (non-mental health) and your own coping strategies; Call 0808 800 2222 or visit their website: www.familylives.org.uk/
Family Links	**Family Links** provide programmes suitable for parents of children from -9 months to 18 years, underpinned by the Nurturing Programme and developing an understanding of behaviour in the context of relationships. https://www.familylinks.org.uk/at-home

Youth Options **NVR training courses**	**Youth Options** provide a free to access course for **Non-Violent Resistance (NVR)** therapeutic intervention. They take referrals for families experiencing child-to-parent violence, aggression, challenging or self-harming behaviours, for focus young people living in Hampshire aged 5 – 17 years. They provide NVR support for families having difficulties with Trauma, ASD, ADHD, SEN and more. For more information and to access a referral form, please contact jemmacowley@youthoptions.org.uk
CAFCASS	**CAFCASS** represents children in family court cases. They make sure that children's voices are heard and decisions are taken in their best interests. They are independent of the courts, social services, education and health authorities and all similar agencies. They can be contacted on 0300 456 4000 or https://www.cafcass.gov.uk/
Home start UK	**Home-Start *UK*** is a leading family support charity. They offer support and practical help to families and children facing challenges around mental and physical health, isolation, disability, post-natal depression, money problems and more. More information can be found on their website www.Home-Start.org.uk
YoungSibs	**YoungSibs** offers support for young people with siblings living with disability, special education needs and long-term conditions, including autism. UK wide online support service for siblings under 18 who have a brother or sister who is disabled or has additional needs. It provides information about different conditions and strategies for coping with sibling issues. www.youngsibs.org.uk/
Motiv8	**Motiv8:** supports young people and their families through individual and family support work, group support work and education and training programmes. They provide safe spaces with trusted adults to help young people and families develop skills, tools and the resilience to overcome challenges. For further information, including how to get involved, see their website: https://motiv8.org.uk/

Solihull Approach	**Solihull Approach -** These free online courses offer advice and practical tips to boost your confidence as a parent, help you navigate family life and strengthen your relationships. Whether you are a young person, mum, dad, foster parent or grandparent, there is a course for you. Developed by psychologists and professionals, they have been designed to help you understand your feelings, development and behaviour, as well as focus on your own feelings as you grow as a family. https://www.hants.gov.uk/solihullapproach
Youth and Families Matter	**Youth and Families Matter** - run local support groups for parents with children with ASC and ADHD. https://www.youthandfamiliesmatter.org.uk/
Bridge to Unity	**Bridge to Unity** offers support to individuals and families in the local community who have come to the UK as refugees. They offer assistance with attending appointments, applying for work, housing and other essential services (such as improving English and CVs). For more information you can contact them from: **01329 600414**, info@bridgetounity.co.uk , www.bridgetounity.co.uk .
Hampshire Parent and Carer Network	**Hampshire Parent Carer Network (HPCN)** in partnership with Hampshire CAMHS, delivering monthly meetings across the County. This is a great opportunity to meet other parents & carers and hear about their lived experience, of supporting a child or young person with mental health and/or emotional difficulties. At meetings, clinical experts deliver talks on a variety of topics. You are welcome to turn up – no booking required. Further information can be found here: https://hampshirecamhs.nhs.uk/events/future-in-mind-parent-peer-support/

PACE Events	**Hampshire CAMHS** offer free events to help families better understand the needs and difficulties that young people can face and how to manage potential issues/concerns they have about their young person. https://hampshirecamhs.nhs.uk/events/
Spurgeons	**Spurgeons** provide include children centres and family hubs, prison-based family support, services to support young carers, families affected by domestic abuse and to girls and young woman in, or at risk of, joining gangs. Parenting courses and support are also offered by Spurgeons, and more recently, school counselling and support through the services of Fegans, which transferred into Spurgeons on 1st July 2021. Find out more information form their website: https://spurgeons.org/about-us/
Strengthening Parental Relationships	**Strengthening Parental Relationships** (SPR) is Hampshire's Reducing Parental Conflict offer, a government funded programme which aims to support parents and carers with their relationship free of charge. These courses have been designed specifically for parents/ carers to strengthening parental relationships. https://www.hampshirescp.org.uk/parents-and-carers/strengthening-parental-relationships-parents-carers/free-courses-for-parents-carers/

Adopt South	**Adopt South** is the Regional Adoption Agency bringing together four local authorities, providing improved outcomes for children who need secure and loving homes to flourish and be part of a family forever. https://www.hants.gov.uk/socialcareandhealth/adoptsouth/
Special Needs Jungle	**Special Needs Jungle** provides parent-centred information, news, resources and informed opinion about SEN, disability, children's health and SEN politics https://www.specialneedsjungle.com/
OurFamilyWizard	**OurFamilyWizard** is a co-parenting app, accepted by courts across the UK. https://www.ourfamilywizard.co.uk/
Amicable	**Amicable** is provides useful tips and support around divorce. They also have a free app for goal setting and producing a co-parenting plan. https://amicable.io/tools-and-resources

Parenting Mental Health	**Parenting Mental Health** offer the Parenting not Parenting approach or parents of young people who are experiencing poor mental health. Partnering helps reframe the challenges and offers insightful, compassionate and practical tools to help us reconnect. This is an 8 week online programme which runs regularly throughout the year (with access to resources for 12 months) and by an easy to digest bite-sized video course. https://www.parentingmentalhealth.org/partnering-not-parenting

Hearing Voices

Voice Collective	**Voice Collective** supports children and young people who hear voices, see visions or have unusual sensory experiences including support groups, creative art workshops and providing information. They work with children, young people, families and professionals. www.VoiceCollective.co.uk **Contact Number**: 020 7911 0822 **Email**: info@voicecollective.co.uk
Hearing Voices Network	**Hearing Voices Network** provides support and information for people who hear voices, see visions or have other unusual perceptions. www.hearing-voices.org

OCD

OCD Action	**OCD Action** offer information, advice and support through telephone, email and local groups. More information can be found on their website www.OCDAction.org.uk or they can be contacted on 08453 906232 or support@ocdaction.org.uk
'Breaking Free of OCD'	**'Breaking Free of OCD'** by Derisley, Robinson and Turne. Self-help book for young people who are suffering from OCD and their families and/or carers but it is also an invaluable resource for clinicians, teachers and other professionals who may be working with children with these difficulties.
' **Free from OCD'**	A workbook called **'Free from OCD'** by Timothy Sizemore. Free from OCD offers forty easy cognitive behavioral exercises to help teens move past their symptoms and live freely and flexibly, without fear.
The Kids' Guide to Staying Awesome and In Control'	**The Kids' Guide to Staying Awesome and In Control'** by Lauren Brukner. This book is packed with simple ideas to regulate the emotions and senses and help children tackle difficult feelings head-on.
'**What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD'**	'**What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD'** by Dawn Huebner. This book guides children and their parents through cognitive behavioral techniques used to treat OCD.

Breaking Free of Child Anxiety and OCD	**"Breaking Free of Child Anxiety and OCD: a scientifically proven program for parents"** by E Lebowitz
NHS advice for Trichotillomania	**Trichotillomania**, also known as trich or TTM, is when someone cannot resist the urge to pull out their hair. The NHS website has information and advice around for and supporting Trichotillomania. https://www.nhs.uk/mental-health/conditions/trichotillomania/
OCDUK for **Trichotillomania**	**Trichotillomania**, also known as trich or TTM, is when someone cannot resist the urge to pull out their hair. The OCDUK website has information and advice around for and supporting Trichotillomania. https://www.ocduk.org/related-disorders/trichotillomania/

Substance Misuse

Catch 22	For support around substance misuse we recommend **Catch 22**, who offer individual, group and family support for children and young people affected by substance misuse. They can be contacted on 0845 4599 405 or 247Hants@Catch-22.org.uk More information can be found on their website www.catch-22.org.uk/services/hampshire-247-substance-misuse-support
Drink Aware	**Drinkaware** is the UK's leading alcohol charity. Working together with individuals, communities, academics, researchers, industry and governments, which aims to reduce alcohol-related harm by helping people make better choices about their drinking**.** https://www.drinkaware.co.uk/
TalkToFrank	Find out everything you need to know about drugs, their effects and the law. **Talk to Frank** for facts, support and advice on drugs and alcohol today. More information can be found on their website, including their 24/7 phoneline: https://www.talktofrank.com/

Tics and Tourette's

Tourette's Action	**Tourette's Action**, a charity supporting people who have Tourette's or tics. Their website has information created specifically for young people to help them understand Tourette's and tics. They offer a resource library, book recommendations, support in school and ways to connect with others who have Tourette's or tics. tourettes-action.org.uk
Tic Management ToolBox	The **Tic Management ToolBox** offers practical and helpful advice on the management of tics in day-to-day life. https://www.leakybrakes.ca/brake-shop/brake-shop-virtual-clinic/tic-management-toolbox/
Great Ormond Street Hospital	**Great Ormond Street Hospital** have lots of information about Tics and Tourettes including resource packs for families and schools which can be downloaded from here: https://www.gosh.nhs.uk/conditions-and-treatments/conditions-we-treat/tourette-syndrome/tourette-syndrome-information-pack/ ·
Neuro symptoms	**Neurosymptoms** is a free to access website that contains information on the symptoms, causes and treatment of Functional Tics and other Functional Neurological Disorders (FND). https://neurosymptoms.org/en/

Kids in the Syndrome Mix of ADHD, LD, Autism Spectrum, Tourette's, Anxiety and More	'**Kids in the Syndrome Mix'** by Martin Kutscher is a concise, scientifically up-to-date, all-in-one guide to the whole range of often co-existing neuro-behavioral disorders in children. Dr. Kutscher provides accessible information on causes, symptoms, interactions with other conditions, and treatments. He presents effective behavioral strategies for responding to children who display traits of these disorders-whether at home, at school, or in other settings-along with case vignettes and practical tips.

Self-Harm and Suicide

Harmless	**Harmless** have information on their website about self-harm, including a list of distraction techniques. https://harmless.org.uk/
Calm Halm	The NHS app **Calm Harm** can be downloaded to a mobile phone to provide safe alternatives to self-harm.
Alumina online group	**Alumina** is a free, online 7-week course for young people struggling with self-harm. Each course has up to 14 young people, all accessing the sessions from their own phones, tablets or laptops across the UK. The courses take place on different evenings of the week and are run by friendly, trained counsellors and volunteer youth workers. https://alumina.selfharm.co.uk/
LifeSigns	**LifeSigns** is a user led charity creating an understanding about self-harm. They support young people and adults towards new ways of coping when they are ready for the journey. This includes resources for young people and their families: www.lifesigns.org.uk

The National Self Harm Network	**The National Self Harm Network** have resources on their website https://www.nshn.co.uk/downloads.html including distractions and advice.
Self Harm Support Hub	The **Self-harm Support Hub** by **MindSolent** is a dedicated space for anyone who is supporting young people who self-harm. They offer Peer Support Groups along with parent/carer support and activities to support those that are struggling with self-harm. https://www.selfharmsupporthubhants.org.uk/
Ripple	Be aware of online websites [XX child's name xx] may be accessing which promote self-harm and suicide. It may be important to set up safety controls so you know what [xx child's name xx] is accessing on the internet. The following website allows you to download the following safety support to a web browser on a phone or computer. It will pop up with a breathing exercise and support helpline contacts should [xx child's name xx] attempt to search anything related to self-harm or suicide https://www.ripplesuicideprevention.com
UK Survivors of Bereavement by Suicide	**UK Survivors of Bereavement by Suicide** help individuals support each other, at the time of their loss and in the months and years that follow. They aim to provide safe, confidential environments where people can share their experiences and feelings, giving and gaining support from each other. https://uksobs.com/
Hampshire CAMHS website video	**The Hampshire CAMHS website** has a video that parents can watch to help understand and managing self-harm. https://hampshirecamhs.nhs.uk/video/self-harm/

Amparo	Amparo provide both emotional and practical support for anybody who has felt the impact of suicide. They are very flexible in providing 1-to-1 and group facilitated support in both in-person and online formats, which can be long-term or short-term. Referrals can be made by yourself or by a professional. https://amparo.org.uk/
Hampshire SCP	**The Hampshire Safeguarding Partnership** has a wealth of resources for helping support around self-harming behaviours, as well as suggestions for services and organisations that can support Young People around related issues. https://www.hampshirescp.org.uk/professionals/toolkits/managing-self-harm-toolkit/resources/
Blue Ice	**BlueIce** is a prescribed evidence-based app to help young people manage their emotions and to reduce urges to self-harm. It includes a mood diary, toolbox of evidence based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue. https://www.oxfordhealth.nhs.uk/blueice/

School Support

SENDIASS	**SENDIASS** is a free and confidential service offering impartial information, advice and support on issues relating to a child's or young person's special educational needs or disability. More information can be found on their website www.hampshiresendiass.co.uk or they can be contacted on 0808 164 5504 or email info@hampshiresendiass.co.uk
School Nurse	**School Nurse** offer confidential advice and support to children, young people and their parent or carers. More information can be found on this website https://www.southernhealth.nhs.uk/our-services/child-health-services
School Support	You may also wish to discuss a referral to the **Primary Behaviour Service**, a team of dedicated practitioners working in Hampshire primary schools to promote positive behaviour and emotional wellbeing. Your child's school might also consider a referral to an **Educational Psychologist**, or if appropriate an **Education, Health and Care Plan (EHCP).**
School Support	We recommend that you discuss your concerns with your child's school and ask if they can be referred to the schools **Emotional Literacy Support Assistant (ELSA).**
Educational Inclusion Service	You may wish to discuss with [xx child's name xx]'s school a referral to the **Inclusion Support Service** (ISS) which can be accessed via their website in regards to [xx child's name xx]'s schooling needs. They can also provide information and resources for young people facing exclusion from school, as well as those considering Elective Home Education. https://www.hants.gov.uk/educationandlearning/educationinclusionservice

Legal Intervention Team	**The Legal Intervention Team (LIT)** ensures families are offered support prior to legal action, supporting children and families to re-engage with education in the first instance. Referrals need to be made to schools via the Children's Reception Team at csprofessional@hants.gov.uk . https://www.hants.gov.uk/educationandlearning/legalintervention/panel
MyHappyMind	**MyHappyMind** provides CPD certified training for staff, video lessons that can be shared with the class, staff have access to the programme and access to 'my happy mind for you' which offers mental health support to staff. https://www.learn.myhappymind.org/schools-tour
Dare2Dream	**Dare2Dream** offer therapeutic support, mentoring, vocational and academic education for vulnerable children and young people. They help enable children to access the support they require to engage with education, develop work skills, life skills and study for qualifications. They support children classified as Vulnerable / at Risk, Special Educations Needs and Disability (SEND), Looked After Children, On the Cusp of Exclusion and Disengaged from Education. https://thedare2dreamfoundation.org.uk/

Sleep

Sleep Council	Lots of young people find getting to sleep, staying asleep or waking up a real problem**. The Hampshire CAMHS website** www.HampshireCAMHS.nhs.uk has information about sleep and also recommends **The Sleep Council** website www.SleepCouncil.org.uk for practical information and advice.
Children's Sleep Disorder Service	Unfortunately, in the absence of significant mental health co-morbidity that meets Specialist Mental Health Service criteria, CAMHS is not commissioned to support requests for support with sleep (and Melatonin). If sleep hygiene has already been implemented and tried for a sustained period of time and the difficulties still persist, your GP may be able to consider a referral to **the Children's Sleep Disorder Service**. The University Hospital Southampton who provide this service also recommend that School Nurse is accessed and tried first, before a referral to the Children's Sleep Disorder Service is made.
Advice and Guidance requests	Unfortunately, in the absence of significant mental health co-morbidity that meets Specialist Mental Health Service criteria, CAMHS is not commissioned to support requests for support with sleep (and Melatonin). If sleep hygiene has already been implemented and tried for a sustained period of time and the difficulties still persist, we suggest you talk to your GP who can send an **Advice & Guidance request** to the hospital on your behalf to see if it meets criteria to be seen or if they could offer any advice to help manage.
School Nurse	**School Nurse** offer confidential advice and support to children, young people and their parent or carers. More information can be found on this website https://www.southernhealth.nhs.uk/our-services/child-health-services

Sleep Charity	The **Sleep Charity** website for advice and support on sleep issues, whether you're an adult, a parent or even a professional. There is a host of top tips around creating the right bedroom environment and bedtime routines, to information around diet and sleep, what sleep deprivation looks like and even sleep disorders https://thesleepcharity.org.uk/information-support/children/diet-sleep/
Cerebra	**Cerebra** offer a range of free services that enrich the lives of children with brain conditions and support their families and carers, including a sleep advice service for young people and their carers. https://cerebra.org.uk/ , https://cerebra.org.uk/get-advice-support/parent-guides/ , https://cerebra.org.uk/get-advice-support/sleep-advice-service/

Further Sleep Services	• **Sleep charity helpline** page - https://thesleepcharity.org.uk/national-sleep-helpline/ If you'd like to talk about your sleep, you can call us between 7pm and 9pm, Sunday to Thursday on 03303 530 541 • **Teen sleep hub** – https://teensleephub.org.uk/ • **SNappD** - The Sleep Nap Diary App • **Sleep Efficiency Calculator** - https://mysleepwell.ca/cbti/sleep-efficiency-calculator/ • **Sleep and autism (National autistic society)** - https://www.autism.org.uk/advice-and-guidance/topics/physical-health/sleep/parents **For parents of children with neurodivergent conditions -** https://cerebra.org.uk/get-advice-support/sleep-advice-service/

Young Carers

Hampshire Young Carers Association	**Hampshire Young Carers Association** have a team of dedicated staff who can help young people who are caring family members with illness or disability. They provide an environment promoting wellbeing and recovery, ongoing support with community activities, an opportunity to meet other people and socialise. They also provide a counselling service. To contact Young Carers, call 023 8090 2465 www.hyca.org.uk
Young Carers Padlet	The enclosed Padlet Link contains a well presented list of resources and services appropriate for supporting Young Carers. https://padlet.com/marthagathercole/young-carers-padlet-25hozfrn2r1b4tbd

Apps

TellMi	**TellMi** is an award winning, free and fully-moderated app for teenagers. It provides peer support, expert help, educational and creative resources and links to UK charities and helplines.
The Worry Box	**The Worry Box** is a cognitive-behavioral therapy app for people who experience anxiety and worry. It teaches you how to assess whether a worry you have is important or not, or something you can or cannot control.

FearTools	**FearTools** is an evidence-based app designed to help you combat anxiety, aiding you on your road to recovery.
Stay Alive	The **Stay Alive** app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.
Headspace	**Headspace-** guided lessons on mindfulness, sleep, and simply remembering to breathe, free trial then paid subscription.

MindShift	**MindShift, -** Break free from anxiety and stress using this free evidence-based anxiety management app. MindShift CBT uses scientifically proven strategies based on cognitive behavioural therapy (CBT).
Daylio Journey – Daily Diary	Track your mood by logging it on **Daylio**. The app displays your moods in a diary which allows you to reflect on which moods you are experiencing the most and why.

Catch It	**Catch it, check it, change it!** Record your mood and reflect on what impacts it. See your mood in diary format.
What's Up? A Mental Health App	**What's Up? A Mental Health App** - gives you coping strategies and techniques to help you get a handle of your negative emotions. There's a personal page where you can state your positive and negative habits and an info page on anger, anxiety, low mood and self-esteem.
Blue Ice	**BlueIce** is a prescribed evidence-based app to help young people manage their emotions and to reduce urges to self-harm. It includes a mood diary, toolbox of evidence based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.

Books

Anger Management

'A Volcano in my Tummy'	**'A Volcano in my Tummy: Helping Children to Handle Anger: A Resource Book for Parents, Caregivers and Teachers'** by Elaine Whitehouse and Warwick Pudney. A book for children aged 6 to 13 which aims to help them understand and deal constructively with their anger.
'The Bubble Gum Guy'	**The Bubble Gum Guy: How to Deal with How You Feel'** by Joost Drost. A book for children under 12 that has a range of exercise to teach anger management and self-control.
"Smart Help for Good 'n' Angry Kids"	**"Smart Help for Good 'n' Angry Kids: Teaching Children to Manage Anger"** by Frank Jacobelli and Lynn Ann Watson. This book, designed for use by teachers with children aged 6 to 11, is equally useful for parents wanting to teach their children about anger and how to manage it.
What to do When Your Temper Flares'	**'What to do When Your Temper Flares: A Kid's Guide to Overcoming Anger' by Dawn Huebner** guides children and their parents through the cognitive-behavioural techniques used to treat problems with anger.

Emotional Regulation

The Kids Guide to staying awesome and in control'	**'The Kids Guide to staying awesome and in control'** Lauren Buckner is aimed at helping children to regulate their emotions and their senses
Self-Regulation Interventions and Strategies	**'Self-Regulation Interventions and Strategies'** by Teresa Garland, features more than 200 practical and proven interventions, strategies and adaptation for helping children gain more control over their lives.

Learning Difficulties

Workbooks for supporting Learning Difficulties	You may find it useful to look at our downloadable work book on the camhs website. The workbook gives information and practical strategies to supporting a young person who has a learning disability with their mental health. https://hampshirecamhs.nhs.uk/help/parents-carers/learning-disabilities/
Kids in the Syndrome Mix of ADHD, LD, Autism Spectrum, Tourette's, Anxiety and More	'**Kids in the Syndrome Mix'** by Martin Kutscher is a concise, scientifically up-to-date, all-in-one guide to the whole range of often co-existing neuro-behavioral disorders in children. Dr. Kutscher provides accessible information on causes, symptoms, interactions with other conditions, and treatments. He presents effective behavioral strategies for responding to children who display traits of these disorders-whether at home, at school, or in other settings-along with case vignettes and practical tips.

Trauma and Attachment

'Everyday Parenting with Security and Love'	**'Everyday Parenting with Security and Love'** Kim Golding explores helping children to overcome reactions to trauma and attachment difficulties with realistic and pragmatic strategies
The A-Z of Therapeutic Parenting: Strategies and Solutions	**Therapeutic parenting** is a deeply nurturing parenting style, and is especially effective for children with attachment difficulties, or who experienced childhood trauma. **The A-Z of Therapeutic Parenting** gives parents or caregivers an easy to follow process to use when responding to issues with their children. The following A-Z covers 60 common problems parents face, from acting aggressively to difficulties with sleep, with advice on what might trigger these issues, and how to respond.