

## **Emotional wellbeing and mental health support for 16 – 19 year olds in Hampshire**

### **Local offer:**

ChatHealth confidential text messaging service with a school nurse to support young people aged 11-19 in Hampshire on 07507 332160. Available Monday to Friday from 9am to 4.30pm (excluding bank holidays).

MIND telephone support service for Children and Young People aged 11 – 17 years old in Hampshire and the Isle of Wight who are experiencing mental health crisis. This service is available Monday – Thursday, 3pm – 8.30pm, on 0300 303 1590

ThinkNinja is an app available to all 11 - 18 year olds in Hampshire. It is specifically designed to educate young people about mental health, emotional wellbeing and to provide skills to build resilience and stay well

Hampshire Child and Adolescent Mental Health Service (Camhs) website is filled with self-help ideas, in addition to the support they provide to young people who meet the thresholds for referral up to age 18

Hampshire Youth Access is a partnership of local offers across the county. Eligible age range varies depending on locality, most up to 25 years.

HSCP Managing self-harm toolkit and the Hampshire, Isle of Wight, Portsmouth and Southampton (HIPS) safeguarding children self-harm pathway

iTalk provides free treatment to people aged 16 and above suffering from a range of common mental health problems. Must be registered with a Hampshire GP, can self-refer or be referred by a health professional.

### **National offer:**

Young Minds national charity offering online mental health advice and support for young people

Self-care ideas from the Anna Freud Centre

Charlie Waller Trust offer support and advice on depression and mental health

The Mix support for under 25's on a range of health and wellbeing topics

Rise Above provides information, advice and resources aimed at young people on a range of health and wellbeing topics

The NHS approved apps library contains specific apps aimed at supporting young people's mental health and wellbeing