



Mental Wellbeing Support and  
Resource Directory  
For Young People, Parents /  
Carers and Families





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## Mental wellbeing support for families

### Local numbers for Mental and Emotional Wellbeing:

Southampton Multi-Agency Hub – 02380 83336 (for safeguarding and parenting support)

CAMHS: 0300 123 6661 (for parenting support)

Behaviour helpline for Parents: 0300 123 6661 (for crisis parenting support)

NHS Direct: 111 (non emergency)

No Limits: 023 80224224 (Counselling support for Young people up to 26)

Steps to Wellbeing: 0800 612 7000 (For Mental wellbeing support)

Solent Mind: 02380 208920 (For Mental wellbeing support)

No Panic: 0844 9674848 (Support for Managing OCD, phobia's & anxiety for young people)

No Panic Crisis: 01952 680835 (Crisis line for Young People with Anxiety)

### Text support for emotional and mental wellbeing:

SHOUT: 85258 (24 hour confidential text service)

Young Minds: YM 85258 (24 hour confidential text service)

Lighthouse SO14 OYG 0745127 6010 for support and access to Lighthouse team in Shirley for mental and emotional wellbeing. Open 16:30 – 11:30

### Families struggling with drugs and alcohol

Change Grow Live: 02380 717171

DASH: 02380 224224 (for Young People up to 25)

### National support telephone numbers:

Samaritans: 116 123 (Freephone) for 24 hour support

Parentline: 0808 800 2222 (24 hour support)

Child Line: 0800 1111


SANE: 0300 304 7000 (16:30 – 22:30 daily)

Young minds: 0808 802 5544

CAMHS: 0300 123 6661

Behaviour helpline for Parents: 0300 123 6661

CALM 0800 585858 (17:00 – 00:00 daily)





## Emotional and mental wellbeing resources:

[www.solentmind.org.uk](http://www.solentmind.org.uk) – Links to and directory for local support for wellbeing across the city and county and resource library

[www.youngminds.org.uk](http://www.youngminds.org.uk) – information for families and young people about their emotional and mental wellbeing. There is a telephone advice line and videos

[www.sane.org.uk](http://www.sane.org.uk) – Information and advice if you are worried about yours or children’s mental wellbeing. Online forums and advice line

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk) – Downloadable activities to support children with their emotional and mental health

[www.moodjuice.sco.nhs.uk](http://www.moodjuice.sco.nhs.uk) - Downloadable activities to support children with their emotional and mental health

[www.anxietycanada.com](http://www.anxietycanada.com) - Downloadable activities to support children with their emotional and mental health

[www.mind.org](http://www.mind.org) – Information and support for mental wellbeing

[www.giveusashout.org](http://www.giveusashout.org) – Website to support the text support line including resources, how to get help

[www.nolimitshelp.org.uk](http://www.nolimitshelp.org.uk) – Confidential support service, counselling and advocacy for young people aged 11 – 26 in Southampton and Hampshire.

### Managing anxiety:

#### Telephone numbers:

Anxiety UK: 03444 775774

Text support for Anxiety UK: 07537 416905

#### APPS:

SAM: Self Help and Anxiety Management – free app to support and help day to day living

Mindshift CBT – Developing mindfulness and managing anxiety

Clear Fear – Designed for young people to help them learn about, understand and manage anxiety

Calm – Meditate, sleep and relax! Stories, music and meditations for children and adults

Think Ninja! – For 11 – 17 year olds to provide mental and emotional wellbeing support



### Websites:

[www.nopanic.org](http://www.nopanic.org) – Supporting self-recovery for young people to manage their anxiety and lead fulfilled lives.

[www.annafreud.org/on-my-mind/self-care](http://www.annafreud.org/on-my-mind/self-care) Resources and tips to manage emotional and mental wellbeing for young people

[www.anxietycanada.com](http://www.anxietycanada.com) – Website for families to help support young people to manage their anxiety with tools and resources

[www.stem4.org.uk](http://www.stem4.org.uk) – Promoting positive mental wellbeing for teenagers providing online resources

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) – Identifying anxiety and what can cause this, online help services, groups and resources to support Parents / Carers with managing anxiety in children

[www.mentalhealth.org.uk/learning-disabilities/publications/easy-read-guide-anxiety](http://www.mentalhealth.org.uk/learning-disabilities/publications/easy-read-guide-anxiety) - downloadable easy guide on how to understand anxiety

### Recommended books:

#### For children:

Morris and the bundle of worries by Jill Seeney

What to do when you worry too much by Dawn Heubner

Starving the anxiety gremlin by Kate Collins – Donnelly

#### For young people:

Overcoming anxiety by Chris Williams

Getting through anxiety with CBT by Ben Gurney-Smith

#### For Parents and Carers:

Helping your child with fears and worries by Cathy Creswell and Lucy Willetts

Over coming your child's shyness and social anxiety by Cathy Creswell and Lucy Willetts

Helping your anxious child: a step to step guide for parents by Ronald Rapee

### Low Mood and Depression:


#### Telephone Numbers:

#### Apps:

WellMind – NHS app designed for dealing with stress and depression

What's up? – Developing strategies to support daily living drawing from CBT and forum support

Sanvello – Mindfulness app to help you identify troubles and moved towards peace includes meditations,



Happify – Supporting mood and building resilience using evidence based games and activities from positive psychology and CBT

Websites:

[www.web.ntw.nhs.uk/selfhelp/](http://www.web.ntw.nhs.uk/selfhelp/) - Self help leaflets and audio guides

[www.childline.org.uk/toolbox/videos/depression](http://www.childline.org.uk/toolbox/videos/depression) - Free and confidential service, information and resources

[www.annafreud.org/on-my-mind/self-care/](http://www.annafreud.org/on-my-mind/self-care/) - resources and recommendations for young people

Recommended books:

For children:

Starving the depression gremlin by Katie Collins- Donnelly

For all:

Manage your mood: How to use behavioural activation techniques to overcome depression by David Veale and Rob Wilson

Getting through depression with CBT by Alice Farrington and Louise Dalton

Alcohol and Drug support and recovery:

Telephone numbers:

Frank: Information and drug advice for all

0300 123 6600


[www.changegrowlive.org](http://www.changegrowlive.org) – Non religious support for families who are struggling with drugs and alcohol (local Southampton service)


[www.talktofrank.com/](http://www.talktofrank.com/) - Website for families and young people for free confidential advice about living with or dealing with drugs

[www.nolimitshelp.org.uk/get-hrlp/health-wellbeing/drugs-and-alcohol](http://www.nolimitshelp.org.uk/get-hrlp/health-wellbeing/drugs-and-alcohol) - Support and resources for young people up to 25 struggling with drugs and alcohol

Understanding child development:

[www.childdevelopmentinfo.com](http://www.childdevelopmentinfo.com) – Support for parents from online safety to eating vegetables! Mixture of reading and videos





Happify – Supporting mood and building resilience using evidence based games and activities from positive psychology and CBT

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[www.nolimitshelp.org.uk/get-hrlp/health-wellbeing/drugs-and-alcohol](http://www.nolimitshelp.org.uk/get-hrlp/health-wellbeing/drugs-and-alcohol) - Support and resources for young people up to 25 struggling with drugs and alcohol

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## Emotional wellbeing support and advice for parents of children with special needs:

### Telephone numbers:

SENDIASS:	08081645504
Autism Southampton:	02380 766162
Southampton Autism Service:	07306 411022

### Websites:

[www.hampshirecamhs.nhs.uk/issue/learning-disabilities/](http://www.hampshirecamhs.nhs.uk/issue/learning-disabilities/) - support and information for families living with children with learning or mental health disabilities

[www.hampshiresendiass.co.uk](http://www.hampshiresendiass.co.uk) - Information, advice and support service for parent carers, children and young people with special educational needs and disabilities

[www.southamptonautismsupportservice.com](http://www.southamptonautismsupportservice.com) – Support and advocacy service for families (SASS)

## Challenging behaviour:

### Telephone numbers:

Challenging Behaviour Foundation Family Support	01634 838739
Cornloft Creative and Therapeutic Arts Studio, Stockbridge	07714 182071

### Websites:

[www.challengingbehaviour.org.uk/](http://www.challengingbehaviour.org.uk/) - Charity to support families dealing with severe learning disabilities and challenging behaviour

[www.cornloft.org.uk/creative.html](http://www.cornloft.org.uk/creative.html) - Sessions to help adults and children with complex issues and their families

