










CAMHs 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 INCLUDES CYGNET PARENTING COURSE FOR ASC	5-17
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/	Hampshire	5-17
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	UK	10-25


<p>Early Help Hub</p> 	<p>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</p>	<p>Hampshire</p>	<p>5-17</p>
<p>Children's Wellbeing Support Service</p>	<p>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</p>	<p>Hampshire and IOW</p>	<p>Primary School aged children</p>
<p>This May Help</p> 	<p>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.</p>	<p>National online resource</p>	<p>All</p>
<p>Back to Basics</p> 	<p>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</p>		

Helplines and online support	<p>There are a number of organisations who provide helplines and online support for children, young people and their parents or carers.</p> <ul style="list-style-type: none"> • 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 <u>call NHS 111</u> 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 YM 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. 	National	All
Advice and Guidance	<p>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.</p> <p>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</p>	GP communications only Basingstoke only	
Children's Wellbeing Practitioner (CWPs)	<p>If XX 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</p>		



CYP Crisis Line	<p>The CYP crisis line is for children and young people aged 11-17 who need support with their mental health - call freephone 0300 303 1590 Monday, Tuesday, Wednesday and Thursday, including bank holidays: 3:00pm-8:30pm. If you are unable to talk on the phone, you can also email this team at cypcrisisline@easthantsmind.org for support via email or to request a call back.</p>		11-17
NSPCC (Online Safety) 	<p>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/</p>		
No Limits Safe Haven 	<p>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/</p>		
HappyMaps 	<p>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/</p>		





<p>Children's Therapy Service</p> 	<p>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/</p>	<p>GP in Hampshire, Southampton or Portsmouth.</p> <p>attend a school in Hampshire, Southampton or Portsmouth</p>	
--	--	---	--





Counselling





<p>Hampshire Youth Access (HYA)</p> 	<p>Hampshire Youth Access provides a number of counselling 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/</p>	Hampshire	5-17
--	---	-----------	------



Recipes4wellbeing

<p>Recipes4wellbeing</p> 	<p>You may also find it useful to look at our recipes4wellbeing which can be found at https://www.sussexcamhs.nhs.uk/resources/resources-for-families-carers-and-professionals/recipes-4-wellbeing. These cards provide help and advice about how to support young people, what to look out for, and when you should be concerned</p>		
<p>Anxiety -</p> 	<p>Facing Fears - our help and advice card for young people experiencing Anxiety, providing information on how to support young people, what to look for and when you should be concerned. https://www.sussexcamhs.nhs.uk/resources/resources-for-families-carers-and-professionals/recipes-4-wellbeing</p>		



<p>Low Mood -</p> 	<p>It's OK not to be OK - our help and advice card for young people experiencing Low Mood, providing information on how to support young people, what to look for and when you should be concerned.</p> <p>https://www.sussexcamhs.nhs.uk/resources/resources-for-families-carers-and-professionals/recipes-4-wellbeing</p>		
<p>Bullying -</p> 	<p>Friends, Enemies or Frenemies - our help and advice card for young people experiencing Bullying, providing information on how to support young people, what to look for and when you should be concerned.</p> <p>https://www.sussexcamhs.nhs.uk/resources/resources-for-families-carers-and-professionals/recipes-4-wellbeing</p>		
<p>Sleeping Difficulties -</p> 	<p>Sweet Dreams - our help and advice card for young people experiencing Sleeping Difficulties, providing information on how to support young people, what to look for and when you should be concerned.</p> <p>https://www.sussexcamhs.nhs.uk/resources/resources-for-families-carers-and-professionals/recipes-4-wellbeing</p>		
<p>Exam Stress -</p> 	<p>Test Troubles - our help and advice card for young people experiencing Exam Stress, providing information on how to support young people, what to look for and when you should be concerned.</p> <p>https://www.sussexcamhs.nhs.uk/resources/resources-for-families-carers-and-professionals/recipes-4-wellbeing</p>		





<p>Low and Bereavement -</p> 	<p>Breakups and Goodbyes - our help and advice card for young people experiencing low mood following bereavement, providing information on how to support young people, what to look for and when you should be concerned. https://www.sussexcamhs.nhs.uk/resources/resources-for-families-carers-and-professionals/recipes-4-wellbeing</p>		
<p>Problematic Gaming -</p> 	<p>Game Over - our help and advice card for young people experiencing difficulties with problematic gaming, providing information on how to support young people, what to look for and when you should be concerned. https://www.sussexcamhs.nhs.uk/resources/resources-for-families-carers-and-professionals/recipes-4-wellbeing</p>		
<p>Crisis -</p> 	<p>SOS and TLC - - our help and advice card for young people going through crisis, providing information on how to support young people, what to look for and when you should be concerned. https://www.sussexcamhs.nhs.uk/resources/resources-for-families-carers-and-professionals/recipes-4-wellbeing</p>		
<p>Body Image -</p> 	<p>Feeling Good, Feeling fine - - our help and advice card for young people experiencing difficulties with body image, providing information on how to support young people, what to look for and when you should be concerned. https://www.sussexcamhs.nhs.uk/resources/resources-for-families-carers-and-professionals/recipes-4-wellbeing</p>		





<p>Gender Identity -</p> 	<p>He/She/They - our help and advice card for young people questioning their Gender Identity, providing information on how to support young people, what to look for and when you should be concerned.</p> <p>https://www.sussexcamhs.nhs.uk/resources/resources-for-families-carers-and-professionals/recipes-4-wellbeing</p>		
<p>Sexuality -</p> 	<p>Love is Love - - our help and advice card for young people questioning their Sexuality, providing information on how to support young people, what to look for and when you should be concerned.</p> <p>https://www.sussexcamhs.nhs.uk/resources/resources-for-families-carers-and-professionals/recipes-4-wellbeing</p>		
<p>Eating Difficulties -</p> 	<p>The Inside Scoop - our help and advice card for young people experiencing Eating Difficulties, providing information on how to support young people, what to look for and when you should be concerned.</p> <p>https://www.sussexcamhs.nhs.uk/resources/resources-for-families-carers-and-professionals/recipes-4-wellbeing</p>		
<p>Panic attacks -</p> 	<p>Calming the inner storm - our help and advice card for young people experiencing panic attacks, providing information on how to support young people, what to look for and when you should be concerned.</p> <p>https://www.sussexcamhs.nhs.uk/resources/resources-for-families-carers-and-professionals/recipes-4-wellbeing</p>		



<p>Transition to school -</p> 	<p>Growing Up - our help and advice card for young people experiencing difficulties around school transition, providing information on how to support young people, what to look for and when you should be concerned. https://www.sussexcamhs.nhs.uk/resources/resources-for-families-carers-and-professionals/recipes-4-wellbeing</p>		
<p>Boosting self esteem -</p> 	<p>Proud to be me - our help and advice card for young people experiencing difficulties with their self-esteem, providing information on how to support young people, what to look for and when you should be concerned. https://www.sussexcamhs.nhs.uk/resources/resources-for-families-carers-and-professionals/recipes-4-wellbeing</p>		

Family Support


<p>Gingerbread</p> 	<p>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/</p>	National	Young People and their families
<p>Relate</p> 	<p>Relate offers counselling services for every type of relationship. They provide advice to young people and their families on marriage, divorce and parenting. https://www.relate.org.uk/</p>		

<p>Family Lives</p> 	<p>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/</p>	<p>National</p>	<p>Parenting courses to help support different ages of children</p>
<p>Family Links</p> 	<p>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</p>	<p>Hampshire</p>	<p>All</p>
<p>Youth Options NVR training courses</p> 	<p>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</p>	<p>National</p>	<p>All</p>
<p>CAFCASS</p> 	<p>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/</p>	<p>National</p>	<p>Young People and their families</p>

<p>Family Counselling Trust</p> 	<p>You might be interested in a self-referral to Family Counselling Trust www.familycounsellingtrust.org</p>		
<p>YoungSibs</p> 	<p>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/</p>	National	Support for siblings of YP with ASC
<p>Solihull Approach</p> 	<p>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</p>		
<p>Bridge to Unity</p> 	<p>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 .</p>	Refugee support	

<p>Hampshire Parent and Carer Network</p> 	<p>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/</p>		
<p>PACE events</p> 	<p>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/p-a-c-e-copy-copy-2-copy-copy-copy-copy-copy-copy-copy/</p>		

OCD

<p>OCD Action</p> 	<p>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</p>	National	All
---	--	----------	-----





Books






'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.	OCD	Teens
' 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.	OCD	Teens
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.	OCD	Children
'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.	OCD	Children






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	Trauma and attachment	Parents
---	---	-----------------------	---------





Films and Videos - [videos on the SPFT YouTube channel to teach and educate on various topics](#)

	<p>Our Mental Health Space - Sussex Partnership Foundation Trust Our Mental Health Space Youtube Channel has many videos and guides explaining and providing strategies around the challenges of parenting, mental health and mindfulness. You may wish to consider taking a look at the videos to see what video may be useful to you and your child's needs.</p>		
<p>Introduction to Mindfulness</p> 	<p>Introduction to Mindfulness - the first part of a YouTube series provided by Sussex Partnership Foundation Trust on teaching Mindfulness skills.</p>		
<p>Mindful Breathing</p> 	<p>Mindful Breathing - part of a YouTube series provided by Sussex Partnership Foundation Trust on teaching Mindfulness skills.</p>		
<p>Mindfulness Values Exercise</p> 	<p>Mindfulness Values Exercise - part of a YouTube series provided by Sussex Partnership Foundation Trust on teaching Mindfulness skills.</p>		

<p>Mindfulness for Emotions</p> 	<p>Mindfulness for Emotions - part of a YouTube series provided by Sussex Partnership Foundation Trust on teaching Mindfulness skills.</p>		
<p>Mindful Body Scan</p> 	<p>Mindful Body Scan - part of a YouTube series provided by Sussex Partnership Foundation Trust on teaching Mindfulness skills.</p>		
	<p>Emotional Regulation A short video about the importance of emotion regulation as a parent or carer, and emotion regulation strategies.</p>		
	<p>Small Pleasures A small video on finding small pleasures as a parent or carer.</p>		
	<p>Acceptance A short video on finding acceptance as a parent and carer, what acceptance is and strategies to help you achieve this.</p>		

	<p>Awareness of Emotions and Triggers A short video explaining how to improve awareness of emotions and triggers as a parent or carer.</p>		
	<p>Mantras, memes and inspirational quotes A short video explaining the importance of Mantras, memes and inspirational quotes for parents and carers.</p>		
	<p>Empathy and Compassion A short video explaining the importance of empathy and self-compassion as a parent and carer, with strategies to help achieve this.</p>		
	<p>Noticing your strengths The importance of noticing personal strengths as a parent or carer, and strategies to achieve this.</p>		
	<p>Pacing yourself as a parent A short video on how to pace as a parent or carer in order to support your wellbeing, whilst managing day to day tasks and challenges.</p>		

	<p>Parent thinking traps A short video on how to identify common thinking traps for parents and carers. The video will also provide strategies to overcome these common thinking traps as a parent or carer in order to support your wellbeing.</p>		
	<p>Problem Solving A short video on how to use problem solving as a parent of carer to support yourself and your child.</p>		
	<p>Stress and Coping A short video explaining how to cope with stress as a parent and carer.</p>		
	<p>Goals and values A short video on how to identify your values and goals as a parent or carer in order to support your wellbeing.</p>		
	<p>How to cope with 'What If' worries A short video on how to identify 'what if worries' as a parents and carers. The video will also provide strategies to manage worries.</p>		

	<p>The Basics of Parent Self-Care A short film explaining the basics of parent self-care</p>		
	<p>Multitasking and Time Management How to manage time more effectively as a parent or carer in order to support your wellbeing and the needs of your child.</p>		
	<p>Guilt and Responsibility A short video explaining the impact of guilt and responsibility on parents and carers, and ways to manage this.</p>		
<p>Sensory Processing Videos</p> 	<p>You may find it useful to watch this video on sensory processing on YouTube : https://youtu.be/T4DrVTvK2w8?list=PLj42uobe68oE_5YFDPv8q58BlzxhM2mzT</p>		

