



**Where can I find help
and support for my
child?**

**General information for
parents and carers**

Eastleigh Youth Counselling Service

Counselling offers the opportunity to talk about any worries, concerns or difficulties. The service is free and confidential for 11 to 19 years of age. At EYCS the Counsellors are specially trained to listen and support young people through tough times. They can help work through any changes a young person may wish to make. All EYCS counsellors are members of the British Association of Counselling and Psychotherapy (BACP).

Call or text on 07879 761660 Email: tadic@btinternet.com

Children and Young People's Counselling through Relate

A service for those experiencing problems at school, issues with parents or generally not feeling like themselves. Counselling lets you talk about how you feel, separate from school and home life, and can help you get back to enjoying life.

To find out more about Children and Young People's Counselling, and to organise an appointment:

- 1. Book a counselling session at your local Relate Centre.**
- 2. Try a free Live Chat session with a trained Relate Counsellor.**
- 3. Talk about your concerns or questions by phoning 0300 100 1234.**

The Teenage Drop -in Centre (TADIC)

The Teenage Drop in Centre offers confidential advice for teenagers on a wide range of issues. Tadic is run by a team of doctors, counsellors, nurses and receptionists seeking to improve the health of young people.

There's no need to make an appointment as it's a drop in centre.

Opening times are as follows:

Monday 2:30pm - 4pm

Satchell Lane, SO31 5NE Opposite Hamble Leisure Pool

Wednesdays 3pm - 6pm

28 Lower Northam Road, Hedge End, SO30 4FL

www.teenagedrop-inhedgeend.co.uk

Family Lives Helpline

A free helpline for everyone regarding all family issues. Family Lives offers a confidential helpline service which is free from landlines and most mobiles (previously known as Parentline). They offer information, guidance and support on any aspect of parenting and family life, including bullying.

Call Family Lives Helpline on 0808 800 2222

www.familylives.org.uk

Young People's Counselling

The Young People's Counselling Service offers free counselling to young people from the age of 12 to 18 who have experienced any form of unwanted sexual experience including rape or sexual abuse, whether the abuse happened a long time ago or recently.

The Young People's Counselling Service is a place where young people can talk to a counsellor who will understand how you are feeling and will do their best to help you.

Call 023 80 636312

www.relate.org.uk/relationship-help/help-children-and-young-people/children-and-young-peoples-counselling

YMCA Fairthorne Group

YMCA Fairthorne Group offers a wide variety of services for children, young people and families throughout Hampshire. This includes nurseries and pre-schools, Parent Infant support, Day camps and school holiday programmes, Youth Clubs and specialist support for young people.

YMCA Fairthorne offer drug awareness, sexual health advice, counselling and mentoring for children, young people and families.

Contact Sally Arcscott 01489 785228

YMCA Fairthorne Manor, Curdridge, Southampton SO30 2GH

www.ymca-fg.org

Useful Contacts:

If you are in crisis and need immediate phone support you can contact:

- **Childline** 0800 11 11 (24-hour helpline).
This is a free and confidential helpline for children and young adults in the UK .
www.childline.org.uk
- **Samaritans** - 08457 90 90 90 (24-hour helpline). www.samaritans.org
- **Problems with Drugs or Alcohol - DASH** - 023 8022 4224 or 07810 511.
www.nolimitshelp.org.uk/page/dash
- **No Limits** - Free and confidential info, advice and counselling for 13 - 25 year olds - 023 80224224
www.nolimitshelp.org.uk/page/counselling