

SUMMER SUPPORT FOR FAMILIES

Dear Parents and Carers

We know some of you are looking forward to the summer holidays and the opportunity for a break away from school, we know however that a lot of parents and children can find this time challenging.

Below are some quick links to some services available to families in this area. If, however, you have a genuine and immediate concern then please report it to Children's Services on 03005551384 (Monday to Thursday 8:30am to 5pm, Friday 8:30am to 4:30pm) or their out of hours number is 03005551373, the Police on 101 (non-emergency) or 999 (emergency).

Click here to find the links for:

Mental Health	1
Household support	2
Parenting	2
Health	3

Mental Health

<https://www.kooth.com/> - a free and anonymous online mental health and well being platform for young people age 11-25

<https://hampshirecamhs.nhs.uk/issue/mental-health-support-teams/> - the Mental Health Support Team are designed to provide early intervention and access to therapies for young people.

<https://hiowhealthcare.nhs.uk/our-services/a-z-list-of-services/nhs111-mental-health-triage-team> - The NHS111 Mental Health Triage Service is available 24 hours a day, 7 days a week to people of all ages across Hampshire and the Isle of Wight providing a triage to identify care needs for intervention.

<https://www.eycs.co.uk/> - Free confidential and non judgemental counselling for 11-19years olds.

https://www.oxfordhealth.nhs.uk/wp-content/uploads/2016/09/copy_of_coping-with-self-harm-brochure_final_copyright.pdf - Parents and Carers guide to coping with self harm.

<https://www.youngminds.org.uk/young-person/> - Help and advice for young people around their mental health

<https://www.childline.org.uk/toolbox/calm-zone/> - Calm zone providing activities, tools and exercise to help regulate young people

https://www.papyrus-uk.org/?gad_source=1&gad_campaignid=757887025&gclid=EAlaIQobChMlxKv-dG-jgMVUdpQBh1thy0FEAAYASAAEgl-XPD_BwE - PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

Household support

<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities> - programme coordinates a range of initiatives which aim to ensure that low-income households, families with children, pensioners, unpaid carers, care leavers and disabled people, do not go without basic necessities such as food and fuel.

<https://eastleighbasicsbank.co.uk/> - Eastleigh Basics Bank was set-up by the churches of Eastleigh to support those who are experiencing financial difficulty and need short term support through the provision of food and other essentials such as toiletries.

<https://www.fairoak-pc.gov.uk/fountain-pantry/> - community hub offering affordable access to food and a way to prevent food waste. It's a friendly bridge between a foodbank and a supermarket - open to everyone, no referrals needed

<https://www.citizensadviceeastleigh.org.uk/> - Citizens Advice represents a network of organisations that assist people with legal, debt, consumer, housing and other problems in the United Kingdom.

Parenting

<https://www.familylives.org.uk/> - Family Lives provides targeted early intervention and crisis support to families. If you need to talk, we're here to listen

<https://hampshirecamhs.nhs.uk/help/parents-carers/> - support for children and young people, their families and carers when someone is experiencing emotional wellbeing or mental health difficulties.

<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/back-to-basics> - Empowering parents and carers to support their child's emotional wellbeing within the home

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/> - Report Remove is here to help young people under 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet.

<https://www.youngminds.org.uk/parent/> - Help and advice for young people around their mental health

<https://www.hampshirescp.org.uk/parents-and-carers/> - Practical help and support with your child

<https://solihullapproachparenting.com/online-courses-for-parents/> - Online parenting course

<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities/holidayactivities/parent-hub> - Guidance and information for parent of children eligible for the Holiday Activities and Food (HAF) programme

<https://www.nspcc.org.uk/> - Practical support and help with your child

Health

<https://chathealth.nhs.uk/> - confidential help and advice from trained health staff in the area.

<https://www.healthiertogether.nhs.uk/young-person> - support and advice around health issues

<https://smokefreehampshire.co.uk/> - support for quitting smoking or vaping

Please our website for a full list of support and NHS guides
www.wyverncollege.org.uk/home/wellbeing/your-wellbeing/