

# AIM CARD

Advice & Information on Mental Health



Hampshire Child and Adolescent  
Mental Health Services

## CRISIS HELP

### LIFE THREATENING EMERGENCIES



**999**

This is when someone is seriously ill or injured and their life is at risk.

### NHS MENTAL HEALTH TRIAGE SERVICE

**111**

(24 hours a day, 7 days a week) or visit

**www.111.nhs.uk** and speak to the NHS Mental Health Triage Service, who provide mental health support to people of all ages.

### FREEPHONE SAMARITANS

**116 123**

(24 hours a day, 7 days a week) Samaritans offer listening & support in times of need to anyone who's struggling to cope who needs someone to listen without judgement or pressure.

### FREEPHONE CHILDLINE

**0800 1111**

(24 hours a day, 7 days a week) to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you. Childline is free, confidential and available any time, day or night.

### YOUNGMINDS CRISIS MESSENGER

**Text YM to 85258**

(24 hours a day, 7 days a week) If you are a young person struggling to cope you can use this text message service.

## MENTAL HEALTH HELP

### HAMPSHIRE CAMHS

**hampshirecamhs.nhs.uk**

This is the child and adolescent mental health website containing useful self help, videos, podcasts and ideas to look after your mental health.

### YOUNG MINDS PARENTS HELPLINE

**0808 802 5544**

### CHAT HEALTH

**07507 332417**

(9am - 4.30pm on Monday to Thursday and 9am - 4pm on Fridays (excluding bank holidays))

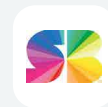
### Apps:



Whats Up?



Calm Halm



Super Better

## LIFE HELP

### BEREAVEMENT

Simon Says:

**simonsays.org.uk**

### BULLYING

Family Lives:

**bit.ly/3jAvdcm**

### DRUGS & ALCOHOL

Catch 22:

**bit.ly/3vhNv7w**

### LGBTQ+:

The Proud Trust  
(National Youth LG-  
BTQ+ Trust):

**theproudtrust.org**

### SCHOOL STUFF

Child Line;

**bit.ly/3O3SPUV**