

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).

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-jgMVUpdQBh1thy0FEAAAYASAAEgl-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.

House hold 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://hampshirecamhs.nhs.uk/events/drop-in-sessions-copy-3-copy/> **Drop in session supported by CAMHS on the 6th August in Winchester.**

<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

Student

<https://www.healthforteens.co.uk/lifestyle/looking-after-yourself/sun-safety-just-the-facts/>

Spending too much time in the sun can damage your skin and getting sunburnt significantly increases your risk of skin cancer:

<https://www.healthforteens.co.uk/lifestyle/water-safety/> Spending time in the pool or sea is great way to cool off and keep fit during the summer but remember to respect the water, know your limits, and how to keep safe.

<https://www.healthforteens.co.uk/lifestyle/how-to-stay-safe-at-festivals/>

Health

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

<https://www.healthiertgether.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/