

CHILDREN, YOUNG PEOPLE SERVICES & PARENT/CARER SUPPORT GROUPS IN SOUTHAMPTON

MENTAL HEALTH ISSUES INCLUDING AUTISM

Struggling to know where to go for support?

The team at [Healthwatch Southampton](#) has compiled this information based on services recommended by local families, NHS and charitable organisations.

This document was produced in October 2019 and is a snapshot of available support compiled from a number of sources. There may be other support available too, so ask at your child's school, college, GP or local health, care and community organisations. If you are looking for support for yourself or an adult with their mental health, contact the new Southampton [SO:Linked](#) service supporting people and communities.

If you think there is something missing from this list, or it needs changing, please let us know!

Call us: 023 8021 6018

Email us: healthwatch@southamptonvs.org.uk

Check out our website: www.healthwatchsouthampton.co.uk



SUPPORT FROM YOUR DOCTOR

If you are a young person or family member and are worried about how you/they are feeling, go to your GP. If your GP thinks appropriate, he or she can make referrals to Child and Adolescent Mental Health Services and also to the Family Navigator service, which will tell you about what else is available locally.

If you are a young person going to your GP about your mental health, you might like the 'Find the Words' leaflet from Mind charity. You can complete it and take it with you if it's easier than saying it out loud. It's downloadable in various languages here - <https://www.mind.org.uk/news-campaigns/campaigns/you-and-your-gp/for-gp-patients/?ctaId=/news-campaigns/campaigns/you-and-your-gp/slices/ftw-animation/>

CRISIS SUPPORT

If you need immediate help, you may need to go to the Emergency Department at your local hospital or call 999. NHS 111 is also available 24 hours a day, seven days a week to provide medical help or health information.

SAMARITANS

In a crisis? For urgent support, national charity Samaritans is available 24 hours a day, 7 days a week Call: 116 123. <https://www.samaritans.org/>
Or you can email Jo@samaritans.org (expect a response within 24 hours).

CHILDLINE

Childline is available to all young people. It has someone on the end of the phone if you want to talk about problems any time of day 0800 1111. <https://www.childline.org.uk/>

SOUTHAMPTON SUPPORT

SOLENT NHS TRUST

Solent NHS Trust provides a range of child and family support in Southampton, including CAMHS, which is short for Child and Adolescent Mental Health Services. Talk to your GP first.
<https://what0-18.nhs.uk/solent>

Solent Pulse - text service

For parents, carers and young people who want to text a nurse in confidence – response within 24 hours <https://what0-18.nhs.uk/solent/solent-pulse>

Autism Telephone Helpline and Friday Group

Autism Support Line is open to parents who are not currently being supported through Southampton Child and Adolescent Mental Health Services (CAMHS) tel 0300 123 6661 Mon-Fri 9am-5pm. If you are already being supported by CAMHS, please contact your case holder or the behaviour helpline.

For families that are waiting for a diagnosis, there is an Autism Spectrum Disorder drop in clinic for parents, every Friday morning during term time 9.30am-12.30pm. This offers parents the opportunity to meet other parents and bring any concerns to raise with staff who can offer support and practical advice on a range of topics.

SUPPORT THROUGH SCHOOLS AND COLLEGES

Talk to you school or college to find out what support they are able to offer to both young people and to parents. Each school is different with what they provide. No Limits (see below) are connected with all the state schools in Southampton offering support for young people.

SOLENT MIND

A local mental health charity, offering a range of support services in the Solent area <https://www.solentmind.org.uk/our-services/children-young-people/>.

Solent Mind youth services include:

- **HeadsUp**, a project that runs in schools, colleges and universities in Southampton, to inform and educate young people about mental health and equip them with coping strategies; and
- **Youth Affinity** (see below under The Princes Trust) supporting 16-25year olds to achieve good wellbeing and overcome mental health barriers.

Solent Mind provides a wide range of services for adults including peer support. <https://www.solentmind.org.uk/our-services/> It is a partner in the [SO:Linked](#) community navigation service. Mayfield Nurseries is a working plant nursery which offers a place for people with challenges including mental health problems to develop their skills and confidence.

Solent Mind also offers some other services for young people for parts of the Solent region beyond Southampton. For example, if you live in Hampshire, Solent Mind also provides italk <https://www.italk.org.uk/>, a talking therapy service offering face to face, over the phone or online support in Hampshire. The free service is available to those over the age of 16, through GP or self-referral.

THE PRINCES TRUST

The Princes Trust supports young people with mental health issues in Southampton, especially those that are not in education, employment or training (16+ years old).

Their Fairbridge programme is for 16-25year olds to help develop skills and confidence. It is accessible to young people with mental health issues and barriers. <https://www.princes-trust.org.uk/help-for-young-people/try-something-new>

The Youth Affinity programme is run in partnership with Solent Mind and No Limits. <https://www.solentmind.org.uk/our-services/children-young-people/>

NO LIMITS

A Southampton-based youth charity <https://nolimitshelp.org.uk> offering a range of support:

- Children and young people can attend No Limit's [Advice Centre](#) 13 High Street, Southampton SO14 2DF (near Lidl, just below the Bargate). This is open Mondays – Saturdays. There is no need to make an appointment - <https://nolimitshelp.org.uk/get-help/advice-centre/>
- A range of groups for young people, including Safe House and Teen Safe House for young people with mental health challenges <https://nolimitshelp.org.uk/get-help/support-groups/>
- Help for parents <https://nolimitshelp.org.uk/get-help/help-for-parents/>
- Free counselling for young people aged 4-25, giving the chance to talk through the issues that are worrying you <https://nolimitshelp.org.uk/get-help/counselling/>

Call No Limits on **02380 224224**. Email enquiries@nolimitshelp.org.uk

RE:MINDS

A Southampton-based parent led support group for families of children with autism or mental health issues. Meets regularly at St James Methodist Church, Southampton. <http://reminds.org.uk>

Re:minds has an online closed Facebook group, which you parents or carers can join anytime. https://www.facebook.com/groups/ReMinds/?ref=br_rs

As well as their regularly pop ins and programme of speakers, Re:minds has a Transition to Adult group and an online group for families whose children have experienced in-patient admissions to psychiatric hospital.

BUZZ NETWORK

The Buzz Network is a network for Southampton Parents/Carers of Children and young people with a disability or additional needs.

<http://sid.southampton.gov.uk/kb5/southampton/directory/service.page?id=0ovhp5ztIRo&localofferchannel=0>

AUTISM HAMPSHIRE

Autism Hampshire develops and delivers services that meet the diverse need of people on the autism spectrum in Hampshire and the surrounding area. It provides a wide range of services to support people and their families/carers in their autism journey. Give them a call for more information: 02392 814 723 <https://www.autismhampshire.org.uk/>

Autism Hampshire recently* launched some free online training to help people understand autism and implement practical strategies. <https://www.autismhampshire.org.uk/news-events/free-e-learning-autism-training>

*Launched October 2019

SOUTH HAMPSHIRE BRANCH - NATIONAL AUTISTIC SOCIETY

The South Hampshire Branch is a self-funded branch of the National Autistic Society. It supports individuals, families and professionals in Southern Hampshire and beyond, welcoming anyone for whom the group may be a helpful resource. It is run entirely by volunteers.

<http://www.shantsnas.org.uk/>

SOUTHAMPTON PARENT CARER FORUM

The Southampton Parent Carer Forum is a friendly group of parent carers who have children and young people with special educational needs and/or disabilities aged 0-25 years.

<http://www.sotonpcf.org.uk>

CREATIVE OPTIONS

Creative Options is a local mental health charity that offer a wide range of support, mentoring, training and opportunities to people living in Southampton with mental health issues, along with their carers, relatives and friends. <https://creative-options.weebly.com>

CARERS IN SOUTHAMPTON

Offers a range of support <https://www.carersinsouthampton.co.uk> including this group:

Aspie Helping Hands Evening group In Southampton

Free Service Support Group for Parents/Carers of Children with Autism. A support group for parents and carers with a child/children on the autistic spectrum the group is run by parents whose children are in primary and secondary school. They meet once a month at Saint Annes School, Carlton Road, Southampton SO15 2WZ <https://www.carersinsouthampton.co.uk/aspie-helping-hands-evening-group-in-southampton>

SOUTHAMPTON INFORMATION AND ADVICE AND SUPPORT SERVICE (SENDIASS)

The Southampton Special Educational Needs and Disability (SEND) Information Advice and Support Service (IASS) aims to empower children and young people with special educational needs/disabilities and their parents/carers to make informed decisions about education, health and social care.

<https://www.southamptonsendiass.info/>

ASPERGERS ADVENTURES - MINECRAFT AND MELTDOWNS

A Southampton-based parent led group where everyone can share the magic and mayhem of autism and help others through an online closed Facebook group.

<https://www.facebook.com/groups/aspergers.adventures/>

SO18 BIG LOCAL

SO18 Big Local do some good work supporting residents in the Harefield, Midanbury and Townhill Park areas of Southampton. They have a Hand in Hand peer support group on Wednesdays 1-2.30pm at the Harefield Hub. They also have youth groups and activities.

<https://so18biglocal.org.uk/> Call: 07528 338104

NON VIOLENT RESISTANCE COURSES

These are available to parents who feel they have lost control of their child, if their child is aged 8-19 years old . Call 023 8091 5480 or see the website:

<https://sid.southampton.gov.uk/kb5/southampton/directory/service.page?id=1LCempQHpD8&localofferchannel=6-3>

SIMON SAYS is a charity that supports children and young people affected by death and dying.

<https://www.simonsays.org.uk>

SOUTHAMPTON INFORMATION DIRECTORY

SID You will find other information on the Southampton Information Directory run by Southampton City Council, including details of general youth clubs and family support. As young people move into adulthood, there are many more services available.

<http://sid.southampton.gov.uk/kb5/southampton/directory/family.page?familychannel=0>

CONTACT YOUR LOCAL COMMUNITY VENUE

Across Southampton there are a whole range of community venues, faith organisations like churches and mosques, community cafes and other friendly venues that can point you to local services and support. Check out noticeboards and leaflets in Southampton's libraries too. We recommend that you ask around or do a search online to find out more about what's in your area.

We can't list everywhere here, but good community cafes to go to include:

- [Board in the City](#) In Bevois Valley is a board games café which is welcoming to all.
- [The Roundabout Café](#) in Mansbridge
- [Parklife cafe](#) in St James Park, Shirley

STEPS TO WELLBEING is a free confidential, NHS service for **people aged 18+** provided by Dorset Healthcare University NHS Foundation Trust, but operating across Southampton. It offers a range of treatments for people experiencing mild to moderate depression and anxiety disorders.

https://www.steps2wellbeing.co.uk/support/southampton/local_and_national_services/

TRAINING

There are a number of organisations that offer family training courses including:

- **ALEX KELLY** offers support around speech therapy, social and communication skills
<http://alexkelly.biz/>
- **SOUTHAMPTON FAMILY TRUST** offers a range of courses. These are not tailored specifically around mental health challenges, but may be useful for some families.
<http://www.sftrust.org.uk/>
- **LORRAINE LEE TRAINING** offers a range of support including courses. These are not tailored specifically around mental health challenges, but may be useful for some families:
<https://www.lorrainelee.org/>

NATIONAL SUPPORT

Here is a selection of places that offer support, that operate across the UK:

PARTICULARLY FOR YOUNG PEOPLE

CHILDLINE is available to all young people. It has someone on the end of the phone if you want to talk about problems any time of day 0800 1111. <https://www.childline.org.uk/>

YOUNG MINDS is a national mental health charity which provides information and support about mental health issues in young people. <https://youngminds.org.uk>

Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis. Text YM to 85258

HEADMEDS developed through Young Minds helps young people understand more about mental health medications – www.headmeds.org.uk

EPIC FRIENDS is all about helping you to help your friends who might be struggling to cope emotionally <http://epicfriends.co.uk/>

CALM HARM - a free app for anyone thinking about self harm <https://calmharm.co.uk/>

DISRESPECT NOBODY is about healthy relationships <https://www.disrespectnobody.co.uk/>

STEM4 is a teenage mental health charity aimed at improving teenage mental health by stemming commonly occurring mental health issues at an early stage. <https://stem4.org.uk/addiction/4-friends/>

COMICS - some young people find mental health comics helpful. Here is one example: <http://hyperboleandahalf.blogspot.com/>

OTHER NATIONAL SUPPORT FOR FAMILIES

YOUNG MINDS - As well as support for young people mentioned above, Young Minds has a dedicated parents' helpline, which you can call to talk through any of your worries. Tel: 0808 802 5544. <https://youngminds.org.uk>

CHARLIE WALLER MEMORIAL TRUST - This Trust does a lot of work on supporting families affected by depression. There are lots of downloadable free resources for children, parents and schools on their website - <https://www.cwmt.org.uk/> Their books can be very helpful for children whose parents or siblings are experiencing an issue.

NATIONAL SELF-HARM NETWORK - provides advice to young people who self-harm and their families with an online forum <http://www.nshn.co.uk/>

FAMILY LIVES - a national family support charity <https://www.familylives.org.uk/>

ZERO SUICIDE ALLIANCE - offers a range of services including free suicide prevention training
<https://zerosuicidealliance.com/>

PDA SOCIETY- PDA is part of the autism spectrum and gives people an “anxiety-driven need to be in control and avoid other people’s demands and expectations.” PDA is a contentious issue among some professionals and is not recognised as a formal diagnosis in many areas. However, parents tell us the strategies and peer support available can be very helpful for people who are supporting a young person with PDA traits. <https://www.pdasociety.org.uk/>

We do hope some of the above are helpful to you. Contact us if you know of any updates.
From the team at Healthwatch Southampton

Call us: 023 8021 6018

Email us: healthwatch@southamptonvs.org.uk

Check out our website: www.healthwatchsouthampton.co.uk