



# **Resources for Parents and Young People on the Waiting List**

\*Please note that this document is for general information purposes only. Assessing the quality or suitability of services mentioned is the responsibility of individuals concerned and inclusion of details does not indicate endorsement of the service from YPI.

## Resources for Young People

- ✚ **Child and Adolescent Mental Health Services (CAMHS)** - provide mental health treatment and interventions for children and young people living in Hampshire. Offer services for children aged 0 to 18 (or 19 if the young person has a learning disability).

<http://www3.hants.gov.uk/childrens-services/childrenandyoungpeople/childmentalhealth/ehcypf/ehcypf-camhs.htm>

Phone : 01256 392766


- ✚ **ChildLine** - free confidential 24 hour helpline or online chat service for young people up to nineteen years of age.

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

Helpline : 0800 1111

- ✚ **Young Minds** - offer support and advice for young people and parents on a wide range of issues.

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

 **The Samaritans** - free confidential 24-hour helpline for anyone needing support. Also offer email and drop in services.

<http://www.samaritans.org>

Freephone 116 123

Email - [jo@samaritans.org](mailto:jo@samaritans.org)

Visit - 5 Essex Road, Basingstoke, Hampshire, RG21 7TA

Usual hours open to receive callers at the door:

Monday 1:00pm – 10:00pm

Tuesday 6:00pm – 10:00pm


Wednesday 6:00pm – 10:00pm

Thursday 1:00pm – 10:00pm

Friday 1:00pm – 10:00pm

Saturday 10:00am – 10:00pm


Sunday 6:00pm – 10:00pm

 **Papyrus Hopeline UK** - free confidential helpline or online support for anyone having suicidal thoughts, or for anyone concerned about young person at risk of harming themselves.

<https://www.papyrus-uk.org/help-advice>

Hopeline : 0800 068 4141

(Monday-Friday 10am-10pm; Saturday-Sunday 2pm-5pm)


 **Mind** - Phone line for information and support about mental health.

<http://www.mind.org.uk/information-support/helplines>

Information Line : 0300 123 3393

Email : info@mind.org.uk

Text: 86463


 **BEAT**- Beating Eating Disorders - offer help and information lines. Also available are their online Message Boards and Chat Rooms.

<http://www.b-eat.co.uk>

Helpline : 0808 801 0677

Youth Line : 0808 801 0711


Youth Email : fyp@b-eat.co.uk

 **Breakout Youth** - confidential support service for young people, who are lesbian, gay, bisexual, transgender, questioning or unsure of their sexuality or gender identity. 11-21 years old.

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


Phone : 02380 224224

Email : enquiries@breakoutyouth.org.uk

 **MindOut** - Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service. Offer online chat service amongst other services.

<https://www.mindout.org.uk/our-services/mindout-online/>

Phone : 01273 234839

 **Simon Says** - Supporting bereaved children and young people in Hampshire


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

Support Line : 02380 647550


Office phone : 01794 323934

Office hours : Monday-Wednesday 9am-4pm


Office closed on Thursdays & Fridays

 **Moodjuice** - online self-help booklet for people experiencing depression.

<http://www.moodjuice.scot.nhs.uk/depression.asp>


 **Moodgym** - online Cognitive Behavioural Therapy programme.

<http://www.moodgym.anu.edu.au>

 **BASE** - Free App to help with anxiety, stress and depression.


Currently only available on android phones (Not Apple).

[http://www.solentcamhs.nhs.uk/page\\_sa.asp?fldKey=247](http://www.solentcamhs.nhs.uk/page_sa.asp?fldKey=247)

 **Chathealth** – a confidential text messaging services that allows young people aged 11-19 to send questions via SMS to their School Nursing Team.

<http://www.southernhealth.nhs.uk/services/childrens-services/school-nursing/chathealth>

## Phone lines for parents

 **The Samaritans** - free confidential 24-hour helpline for anyone needing support. Also offer email and drop in services.

<http://www.samaritans.org>

Freephone : 116 123

Email : jo@samaritans.org

Visit : 5 Essex Road, Basingstoke, Hampshire,  
RG21 7TA

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 **Papyrus HopeLine UK** - free confidential helpline or online support for anyone having suicidal thoughts, or for anyone concerned about young person at risk of harming themselves.

<https://www.papyrus-uk.org/help-advice>


 **Mind** - The mental health charity. Phone line for information and support.

<http://www.mind.org.uk/information-support/helplines>

Information Line : 0300 123 3393

Email : info@mind.org.uk

Text : 86463

 **Young Minds** - offer support and advice for young people on parents on a wide range of issues.


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

Parents' helpline : 0808 802 5544

(Monday-Friday 9.30am- 4pm free for mobiles and landlines)



## Contact details for other agencies and services


 **YPI Counselling** - YPI now offer Parent Counselling and Family Therapy. This is a low cost income based service. Our information leaflet is on the link below and please call or email us for further information.

[http://www.ypicounselling.co.uk/wp-content/uploads/2017/03/Parent Counselling Information Flyer.pdf](http://www.ypicounselling.co.uk/wp-content/uploads/2017/03/Parent_Counselling_Information_Flyer.pdf)

<http://www.ypicounselling.co.uk>


Phone : 01256 423878

Email : office@ypicounselling.co.uk

 **Specialist sexual abuse counselling (YPI Counselling)** - YPI now offer up to 18 sessions of free therapeutic support for young people aged 11-19 who have been victims of any form of childhood sexual abuse, rape or exploitation. Please call or email us for more information.

Phone : 01256 423878


Email : office@ypicounselling.co.uk

 **Cruse Bereavement North Hampshire** - Support, advice and information to children, young people and adults when someone dies.

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

Phone : 01264 335569

Email : northhampshire@cruse.org.uk

 **Simon Says** - Supporting bereaved children and young people in Hampshire


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

Support Line : 02380 647550

Office phone : 01794 323934

Office hours : Monday-Wednesday 9am-4pm


Office closed on Thursdays & Fridays

 **Basingstoke Young Carers** - offer a chance for young carers to take a break from their caring responsibilities by providing: activities, information, support and guidance to the young person and their families.

<http://www.basingstokeyoungcarers.co.uk>

Phone : 01256 423851 / 0800 8786 500


Email : office@basingstokeyoungcarers.co.uk

 **Breakout Youth** - confidential support service for young people, who are lesbian, gay, bisexual, transgender, questioning or unsure of their sexuality or gender identity. 11-21 years old.


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

Phone : 02380 224224

Email : enquiries@breakoutyouth.org.uk

 **The Hampshire Specialist Parenting Support Service (Barnardo's)** - Provides parenting programmes for parents/carers who have children aged 5-17 that meet any one of the criteria shown on their website.

<http://www.barnardos.org.uk/hspss>

 **Basingstoke Pregnancy Choices Counselling (The Safe)** - Trained advisors can provide a listening ear, unbiased information, confidential counselling and on-going support on all pregnancy related issues.

<http://the-safe.org.uk>

Phone : 01256 460100 / 07973 738861

Email : enquiries@the-safe.org.uk

## **Basingstoke Children's Services (Social Services)**

<http://www3.hants.gov.uk/childrens-services>

Phone : 0300 5551384

Email : [childrens.services@hants.gov.uk](mailto:childrens.services@hants.gov.uk)

## **Drugs and Alcohol Services**

Link to a list of local services available -

<https://www.basingstoke.gov.uk/rte.aspx?id=84>

# Finding a private counsellor

## **British Association of Counsellors and Psychotherapists (BACP)**

Online database of private counsellors registered with the BACP. You can search by area and by age-range, there is an option to check they work with young people.

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

## **UK Council for Psychotherapy (UKCP) database**

<http://members.psychotherapy.org.uk/findATherapist>

## **The Counselling Directory**


An independent directory of counsellors.

<http://www.counselling-directory.org.uk/>

## **UK Council for Psychotherapy (UKCP) database**

<https://www.psychotherapy.org.uk/find-a-therapist/>

## Adult counselling services


 **YPI Counselling** - YPI now offer Parent Counselling. This is a low cost income based service. See our leaflet for further details.

Information leaflet is on the link below and please call or email us for further information.

<http://www.ypicounselling.co.uk/counselling-for-parents/>


Phone : 01256 423878

Email : office@ypicounselling.co.uk

 **Cedar Tree Counselling** - 18-year olds and over. Low cost counselling. Income based contribution of between £5 and £35 pounds.

<http://www.cedartreecounselling.wordpress.com>

Phone : 07587 089138


 **ITalk** - free service for people suffering from depression and anxiety. Self-referrals can be made online or by phone. Service is for anyone 16 or over.

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

Phone : 023 8038 3920

Email : info@italk.org.uk


# Autistic Spectrum Condition

 **The National Autistic Society** - the leading UK charity for autistic people (including those with Asperger syndrome) and their families.


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

 **NHS Choices** - information about Autism.


<http://www.nhs.uk/conditions/Autistic-spectrum-disorder/Pages/Introduction.aspx>

 **Cerebra** - a charity that strives to improve the lives of children with neurological conditions including ASC and ADHD. Services include grants, sleep workshops, DLA workshops, sensory lending library and information on wills and trusts.


<http://w3.cerebra.org.uk/>

 **Autism Hampshire** - An independent charity that provides support and information within Hampshire.

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

 **Parent Voice - Basingstoke** - Parent Voice is an information and advice service for parents and carers of disabled children aged 0-25 in Hampshire.

[http://www.parentvoice.info/en/Home Page](http://www.parentvoice.info/en/Home_Page)

 **Hampshire Parent Carer Network (HPCN)** -an independent parent-led group set up to ensure that the families and carers of children and young people with disabilities or additional needs can participate fully in the development of services within Hampshire.

<http://www.hpcn.org.uk/About-Us.aspx>



## A selection of blogs and websites run by individuals who are autistic

- ✚ **The Curly Hair Project** - Specifically aimed at women and girls. Run by a lady called Alis who has also written several books about her life on the Autistic spectrum.

<https://thegirlwiththecurlyhair.co.uk/>

- ✚ **Autistic Genius** - Tom's main page is on Facebook, but he also has a YouTube channel called 'Autistic Genius'. He does lots of webcam recordings about living with Autism and also holds live webchats where he answers questions.

<https://www.facebook.com/AutisticGenius1988/>

- ✚ **Michael Barton** - Michael's website has lots of information including videos of talks that he gives at events. He has also written several books that use humour to explain how confusing the world of idioms, metaphors and everyday expressions is to many people with ASC.

<https://sites.google.com/view/michaelbarton/home>

✚ **My Son's Not Rainman** - This blog is written by the dad of a 12 year old with Autism, extracts have now been published as a book and he has also toured the country talking about his experiences.

<http://www.mysonsnotrainman.com/the-blog>

✚ **Jamie and Lion** - Jamie is a developer who works for the BBC in London. Lion is his sidekick who he takes everywhere with him to provide structure and consistency to his environment. The toy lion has a familiar texture and smell which helps in those moments when he feels overloaded.


<http://www.bbc.co.uk/news/disability-37560841>

<http://spacedoutandsmiling.com/about>

✚ **Dean Beadle** - is an experienced journalist who tours the country speaking about his experiences with Aspergers . Dean's story highlights a humorous personal experience of life in education with Aspergers, and proves just how big a difference parents and professionals can make to children on the spectrum.

<https://deanbeadle.wordpress.com/>

## A selection of online mental health information

 **Mind** - support and information about various mental health issues.


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

 **NHS** - mental health self-help guides.


<http://www.nhs.uk/livewell/pages/topics.aspx>

 **The British Association of Anger Management**


<https://www.angermanage.co.uk/>

 **AnxietyUK** - offers support, advice and information on a range of anxiety disorders

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

 **Anxiety Alliance** - helping and supporting those suffering from anxiety

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

 **OCD Action** - helpline for support and offers information on a range of behaviours

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