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| Service | Contact Details | Description |
| Alcoholics Anonymous | 023 80223198  | 24hr information line for those affected by alcoholism |
| Basingstoke Pregnancy Choices Counselling (The Safe) | [www.the-safe.org.uk](http://www.the-safe.org.uk/)01256 460100 or 07973 738861enquiries@the-safe.org.uk | Trained advisors can provide a listening ear, unbiased information, confidential counselling and on-going support on all pregnancy related issues. |
| Beat | [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) 0808 801 0677help@beateatingdisorders.org.uk | Beat offer help and information lines. Also available are their online Message Boards and Chat Rooms. |
| Breakout Youth | [www.breakoutyouth.org.uk](http://www.breakoutyouth.org.uk) 02380 224224hello@breakoutyouth.org.uk | Confidential support service for young people, who are lesbian, gay, bisexual, transgender, questioning or unsure of their sexuality or gender identity. |
| Catch 22 | [www.catch-22.org.uk](http://www.catch-22.org.uk) 0845 459 9405247Hants@catch-22.org.ukCrisis line:0800 599 9591 | a dedicated service for children 8-17 years who may be effected by parental and carer Drug & Alcohol use. |

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| Service | Contact Details | Description |
| ChatHealth | Text 07507 332160 | A confidential text messaging services that allows **young people aged 11-19** to send questions via SMS to their School Nursing Team. |
| Cruse Bereavement Care | [www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk/)0844 477 9400  | Support, advice and information to children, young people and adults when someone dies. |
| Elefriends | [www.elefriends.org.uk](http://www.elefriends.org.uk)On the App Store & Google Play | Elefriends is a supportive online community where you can be yourself. We all know what it’s like to struggle sometimes, but now there’s a safe place to listen, share and be heard. |
| Hampshire Specialist Parenting Support Service | [www.barnardos.org.uk/hspss](http://www.barnardos.org.uk/hspss)  | Provides parenting programmes for **parents/carers who have children aged** **5-17** that meet any one of the criteria shown on their website. |
| iTalk | https://www.italk.org.uk/023 8038 3920info@italk.org.uk | italk is a FREE service for people suffering from depression and anxiety. We are an Improving Access to Psychological Therapies (IAPT) service. |

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| Service | Contact Details | Description |
| Mind | [www.mind.org.uk](http://www.mind.org.uk) 0300 123 3393or text 86463 | Phone line for information and support about mental health. |
| MindOut | [www.mindout.org.uk](http://www.mindout.org.uk) 01273 234 839 info@mindout.org.uk | Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service. Offer online chat service amongst other services. |
| MoodGym | [www.moodgym.com.au](http://www.moodgym.com.au)  | Online Cognitive Behavioural Therapy programme for anxiety and depression |
| Moodjuice | [moodjuice.scot.nhs.uk/depression.asp](http://www.moodjuice.scot.nhs.uk/depression.asp)  | Online self-help booklet for people experiencing depression. |
| Papyrus | [www.papyrus-uk.org](http://www.papyrus-uk.org) pat@papyrus-uk.org 0800 068 41 41 (Suicide HopeLine) | Free confidential helpline or online support for anyone having suicidal thoughts, or for anyone concerned about young person at risk of harming themselves. |
| Parent Support Link | [www.parentsupportlink.org.uk](http://www.parentsupportlink.org.uk) 023 8039 9764 | Organisation supporting the families and friends of those who abuse alcohol and drugs |
| Talk to Frank | [www.talktofrank.com](http://www.talktofrank.com) 0300 123 6600 or text 82111frank@talktofrank.com  | Friendly, confidential drugs advice |

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| Service | Contact Details | Description |
| The Samaritans | [www.samaritans.org](http://www.samaritans.org) 116 123jo@samaritans.org | Free confidential 24-hour helpline for anyone needing support. Also offer email and drop in services. |
| Young Minds | [www.youngminds.org.uk](http://www.youngminds.org.uk)  | Offer support and advice for young people and parents on a wide range of issues **(under 25s only)** |
| Young Minds for Parents | 0808 802 5544 | Helpline for parents of those with mental health issues.  |
| Autism Hampshire | [www.autismhampshire.org.uk](http://www.autismhampshire.org.uk)  | An independent charity that provides support and information within Hampshire. |
| Cerebra | [www.cerebra.org.uk](http://www.cerebra.org.uk) 0800 3281159 | 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. |
| Dean Beadle | <https://deanbeadle.wordpress.com/>  | is an experienced journalist who tours the country speaking about his experiences with Asperger’s.  |

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| Service | Contact Details | Description |
| Hampshire Parent Carer Network | [www.hpcn.org.uk](http://www.hpcn.org.uk) 01962 853153info@hpcn.org.uk | 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. |
| Michael Barton | [sites.google.com/view/michaelbarton](http://www.sites.google.com/view/michaelbarton)  | Michael's website has lots of information including videos of talks that he gives at events.  |
| My Son’s not Rainman | [www.mysonsnotrainman.com/the-blog](http://www.mysonsnotrainman.com/the-blog)  | 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. |
| Parent Voice | [www.parentvoice.info](http://www.parentvoice.info) 0300 303 8603 (Advice Line) | Parent Voice is an information and advice service for parents and carers of disabled children aged 0-25 in Hampshire. |
| The Curly Hair Project | [www.thegirlwiththecurlyhair.co.uk](http://www.thegirlwiththecurlyhair.co.uk)  | 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. |
| The National Autistic Society | [www.autism.org.uk](http://www.autism.org.uk) 0808 800 4104 (Helpline) | The leading UK charity for autistic people (including those with Asperger’s Syndrome) and their families. |