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| Service | Contact Details | Description |
| Basingstoke Children's Services (Social Services)  | [www.hants.gov.uk/socialcareandhealth/ childrenandfamilies](http://www.hants.gov.uk/socialcareandhealth/%20%20childrenandfamilies) 0300 555 1384childrens.services@hants.gov.uk | For information about reporting a concern about a child, school holiday dates, paying for childcare, and finding childcare and early years education. |
| 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. |
| Basingstoke Young Carers | [www.basingstokeyoungcarers.com](http://www.basingstokeyoungcarers.com) 01256 423851office@basingstokeyoungcarers.co.uk | 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. |
| Beat | [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) 0808 801 0711fyp@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 LGBT, questioning or unsure of their sexuality or gender identity. |

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| Service | Contact Details | Description |
| CAMHS | [www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk)0300 304 0050 | CAMHS provide mental health treatment and interventions for children and young people living in Hampshire. |
| 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. |
| 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. |
| Childline | [www.childline.org.uk](http://www.childline.org.uk) 0800 1111 | Free confidential 24hr helpline or online chat service for young people up to nineteen years of age. |
| 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. |
| Hampshire SENDIASS | [www.hampshiresendiass.co.uk](http://www.hampshiresendiass.co.uk) 0808 164 5504 | Offers impartial Special Educational Needs and Disability Information, Advice and Support (SENDIASS) in Hampshire. |

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| Service | Contact Details | Description |
| 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. |
| MeeTwo | [www.meetwo.co.uk](http://www.meetwo.co.uk) On the App Store & Google Play | MeeTwo is a free, fully moderated app for teenagers, which provides peer support, expert help, inbuilt educational and creative resources as well as in app links to UK charities and helplines. |
| 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. |

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| Service | Contact Details | Description |
| 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 |
| 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. |
| Young Minds for Parents | 0808 802 5544 | Helpline for parents of those with mental health issues.  |
| YPI Family Therapy & Parent Counselling | [www.ypicounselling.co.uk](http://www.ypicounselling.co.uk)01256 423878office@ypicounselling.co.uk  | Offering group therapy to family or individual counselling to parents. |

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| Service | Contact Details | Description |
| YPI Mentoring | [www.ypicounselling.co.uk](http://www.ypicounselling.co.uk)01256 423878office@ypicounselling.co.uk  | Youth Mentoring is designed to provide a professional friend and non-judgmental ear to young people aged 11-19. |
| YPI Sexual Abuse Project | [www.ypicounselling.co.uk](http://www.ypicounselling.co.uk)01256 423878office@ypicounselling.co.uk  | Counselling for those who have been victims of any form of childhood sexual abuse, rape or exploitation. |
| 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.** |
| NHS Choices | [www.nhs.uk/conditions/autism/](http://www.nhs.uk/conditions/autism/)  | Information about autism. |
| 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. |