

Name	Information	Contact	Website
Family Lives	Family Lives provides targeted early intervention and crisis support to families.	0808 800 2222	familylives.org.uk
Frimley Health	Free online parenting courses for anyone living in Hampshire or Frimley, a selection of online courses to start at parents convenience. Use code: 'PARENTING' (not case sensitive)		https://frimley-healthiertogether.nhs.uk/parentscarers/local-support-parents-carers-young-people-and-families
CAMHs - parents support teen behaviour	How to support a young person who may have Teenage Turmoil		https://hampshirecamhs.nhs.uk/
Family Links Online Nurture Programme	Free online parenting course - Family Links, able to start and finish at any time.		Netmums Parenting Course: Welcome - Netmums
Online Introduction to NVR [Paid]	This is a chance for you to find out more about how NVR works and to help you decide if it could help your family.		For Parents/carers (nvrpc.org.uk)
Action for Children - Behaviour	Action for Children have written segments for supporting behaviour at home. Action for Children also offer 1:1 phonenumber.		Behaviour - Support for Parents from Action For Children
Parenting Mental Health Children	If you're struggling to cope with the impacts of your child's poor mental health, we're here for you		Parenting Mental Health Home
SPACE Parenting support	SPACE stands for Supportive Parenting for Anxious Childhood Emotions and is a parent-based treatment program for children and adolescents with anxiety, OCD, and related problems.		SPACE SPACE Treatment
Place2Be	Uses videos and articles to back up parenting advice given in SOS appointments		Place2Be: Parenting Smart: Articles

Connect for Parents Workshops

[Connect for Parents
Workshops - Beacon
Family Services

https://www.braain.c
o.uk/ask-about-
autism](#)

ADHA/ADD/ASC Hampshire Autsim

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Samaritans	confidential support for crisis	116 123	www.samaritans.org.uk
NAPAC	Supporting Recovery from childhood abuse	helpline ~ 0808 801 0331	www.napac.org.uk
Hart Voluntary action - Sunshine and Showers Group	Face to Face free drop in sessions, in Hart, once a week for adults experiencing Anxiety and Depression	01252 815652	<a href="http://Anxiety/Depression Support -
Hart Voluntary Action
(hartvolaction.org.uk)"><u>Anxiety/Depression Support - Hart Voluntary Action (hartvolaction.org.uk)</u>
Shout	Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK.	Text the word 'SHOUT' to 85258	<a href="http://Free, 24/7 mental health text
support in the UK Shout
85258 (giveusashout.org)"><u>Free, 24/7 mental health text support in the UK Shout 85258 (giveusashout.org)</u>
TalkPlus	Free, local counselling support for anyone over the age of 16 years old.		<a href="http://TalkPlus – Free NHS CBT,
counselling, therapy for
Depression, Anxiety, Panic,
OCD, and Phobias in
Farnborough, Aldershot,
Yateley, Blackwater, Farnham
and Fleet. – Your Mental
Health Matters"><u>TalkPlus – Free NHS CBT, counselling, therapy for Depression, Anxiety, Panic, OCD, and Phobias in Farnborough, Aldershot, Yateley, Blackwater, Farnham and Fleet. – Your Mental Health Matters</u>
YOU Trust	We'll work together with you in the community, building on your skills and resilience		<a href="http://Mental Health Services - The
You Trust"><u>Mental Health Services - The You Trust</u>
The Vine - Anger Management	Our personalised programme aims to help individuals understand their anger, the triggers and a plan to manage emotions.	If you would like more details, please contact tracey.ashton@the vinecentre.org.uk or please call us on 01252 400196	<a href="http://Anger Management - The
Vine Centre"><u>Anger Management - The Vine Centre</u>
Parenting Mental Health Children	If you're struggling to cope with the impacts of your child's poor mental health, we're here for you		<a href="http://Parenting Mental Health
Home"><u>Parenting Mental Health Home</u>
Walk and Talking Counselling	The Service is for Adults aged 18+ in the Hart and Rushmoor Districts and is for people who struggle with anxiety, depression or other mental health concerns and would like to talk to someone.		<a href="http://HVA Walk and Talk
Counselling Poster.pdf"><u>HVA Walk and Talk Counselling Poster.pdf</u>

121 Adult Counselling	Only for families in Hart or registered to a GP in Hart	Adult Counselling for Adults aged 18+ - Hart Voluntary Action (hartvolaction.org.uk)
Family Counselling	Family Counselling is a service that gives families the chance to express and explore their feelings in a safe and non-judgemental environment	familytherapy@hartvolaction.org.uk or phone 01252 815652. Family Counselling - Hart Voluntary Action (hartvolaction.org.uk)
The Vine - Mental Health Support	We provide 1-1 mental health support. Our trained Mental Health worker will work with you to improve your mental health.	info@thevinecentre.org.uk or telephone: 01252400196 All Services The Vine Centre
The Oasis - Just Wellbeing	The Oasis is for everyone aged over 18 who is in crisis or struggling with their emotional wellbeing. The staff and volunteers at The Oasis" listen without judgement; they respect people at all times and support those in crisis. For more information about the service and what to expect, please visit the website.	The Oasis at Just Wellbeing - Rushmoor Link https://www.justwellbeing.org.uk/

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Young Minds	Parents Information service, improving wellbeing in young people YoungMinds Textline: Text YM to 85258. Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.	Parent helpline ~ 0808 802 5544	www.youngminds.org.uk
Relate [paid service]	Relationship Counselling, Family Counselling, Children and Young People's Counselling, Aldershot	01256 338624	http://www.relatenorthhampshire.org.uk/
Fleet Phoenix	clubs, sessions, training opportunities, advice & information, mentoring, mediation for young people	Charlotte Tickner - 07568 065123 or email charlotte.tickner@fleetphoenix.co.uk	http://www.fleetphoenix.co.uk/
The Source	café for young people to 'be, belong and become' Aldershot	01252 333330	www.thesourceforyou.co.uk
Childline	free and confidential help for children in UK	0800 1111	www.childline.org.uk
Relax Kids	mindfulness and relaxation for kids	01235 227284	www.relaxkids.com
Stop. Breath. Think	We give young people, aged 21 or younger, access to free 1-1 counselling sessions. No wait times and available nationally, Stop.Breathe.Think provides vital support to those who need it right now. Stop.Breathe.Think is run by the national youth charity Switch180.		stopbreathethink.org.uk
CAMHs	Hampshire Child and Adolescent Mental Health Service		CAMHS (hampshirecamhs.nhs.uk)
Hampshire Youth Access (HYA)	Counselling, advice and support for children and young people across Hampshire - 5-17 years		Home - HYA (hampshireyouthaccess.org.uk)
Vision4Youth	Vision 4 Youth is a charity based in Yateley, Hampshire, that provides youth clubs and services for young people in the local community and surrounding areas. We act as a resource to support those aged 11-25 by providing advice, guidance and assistance.	07423 336516.	Vision 4 Youth - Yateley Based Youth Charity

Stem4	Includes guidance to the CalmHarm app etc. Aim to supporting positive mental health for teenagers	stem4 - supporting teenage mental health
Place2Be	Place2Be is a children's mental health charity that provides counselling and mental health support and training in UK schools.	Improving children's mental health in schools – Place2Be
Beacon House	Beacon House is a team of professional, compassionate and highly experienced chartered psychologists, psychotherapists and occupational therapists. We provide a wide range of assessments and effective therapies for children and young people, families and adults who are experiencing mental health difficulties, emotional and behavioural problems and relationship conflict. As a service we have a special interest in repairing the effects of trauma and attachment disruption.	Home (beaconhouse.org.uk admin@beaconhouse.org.uk)
Sashas Project - Fleet	Sasha's Project is a charity which runs a drop-in centre in Fleet. It is a safe place for young people in and around Fleet, Hampshire, who are struggling with anxiety, depression, their mental health or who are having thoughts of suicide	Home Sashasproject info@sashasproject.charity

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Mentally Healthy Schools	Reading materials aimed for parents to see the positives & negatives of being technology		https://www.mentallyhealthyschools.org.uk/risks-and-protective-factors/lifestyle-factors/internet-and-social-media/
Safe4Me	The Safe4me website provides educators, service providers and parents with information and resources to help educate, guide and support children and young people to keeping safe.	Contact us if you require more information or plan a meeting for one of our initiatives. schoolyouthengagement@hampshire.pnn.police.uk	Safe4Me – Hampshire Police's free education resource programme for schools, colleges and partners in Hampshire and the Isle of Wight
Internet Matters	Helping parents keep their children safe online with a range of reading material, online guides and videos to increase parents knowledge and information		Information, Advice and Support to Keep Children Safe Online (internetmatters.org)
Ceop - Live Streaming presentation	ThinkUknow have created a presentation alongside Ceop for parents and children to attend to gain a better understanding on live streaming - a very popular activity for young people and children		Live Streaming (thinkuknow.co.uk)

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Butterflies Bereavement Support, Hampshire	Service to support bereaved families	2381550066	www.butterfliesbereavement.co.uk
Winston's Wish, National	We support children and young people after the death of a parent or sibling	08088 020 021 (helpline)	https://www.winstonswish.org/
The Compassionate Friends	The Compassionate Friends (TCF) is a charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause.		The Compassionate Friends (tcf.org.uk)
Simon Says	Our aim is to support Hampshire children and young people up to the age of 18 years who have a significant person in their life who has died or is dying.	023 8064 7550 info@simonsays.org.uk	https://www.simonsays.org.uk/

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The Vine - Community Cupboard	This is open 3 days a week Mon-Wed 10am-3pm with the aims of reducing food waste as well as food poverty. We welcome people from all backgrounds to come and access this facility, either by bringing donations to exchange for other items, or if they are in need simply to collect food. We do of course offer a wrap around service and so are able to offer our support services to anyone. No appointment is necessary, just turn up when the Cupboard is open.		Welcome - The Vine Centre
Baby Basics	Offers delivery - nearest centre is Guildford - volunteer-led project aiming to support new mothers and families who are struggling to meet the financial and practical burden of looking after a new baby		Baby Basics Supporting new mothers and families who are struggling to meet the financial and practical burden of looking after a new baby (baby-basics.org.uk)
Olive Branch Children's Clothing Exchange	Olive Branch is open every Thursday morning during term time, from 9.30am - 11.30am. Olive Branch operates like a swap shop where you can donate items to earn points which you can spend on items within our stock. Don't worry if you do not have any items to donate, you get 40 points for free on your first visit.	Abbie Edwards - community@goodshep herdchurch.org.uk	Church of the Good Shepherd, Farnborough : Olive Branch (goodshepherdchurch.org.uk)
Food Bank Hart & Rushmoor	Vouchers available within FSS to collect. Hart families requiring support can be completed via online referrals		Farnborough Foodbank Helping Local People in Crisis
Christians Against Poverty (CAP)	Offers free debt support, including home visits to support with budgeting, set up payment plans, will call companies for families for support etc.		CAP UK Home
Step Change Debt Charity	Our free and expert advice helps you deal with your debts and get the support you need. We offer you full flexibility. You can get advice online or over the phone at a time that suits you, and after we've looked at your budget, we'll recommend a range of practical debt solutions based on your situation.	0800 138 1111	StepChange Debt Charity - Free Expert Debt Advice.

Citizens Advice	Citizens Advice Rushmoor offers free, confidential, impartial and independent advice and information services. Our two main offices are in Farnborough and Aldershot	01252 513051	Citizens Advice Rushmoor – The Charity for your Community
Holiday Activities and Food (HAF) Programme	Sign up for your free place (for qualifying children) at our Holiday Activities and Food Schemes - and try a range of fun activities and enjoy tasty meals Important: The HAF programme funding is primarily for school aged children from reception to year 11 (inclusive) who receive benefits-related free school meals (FSM).	email: connect4communities@hants.gov.uk phone: 01962 847070 (select option 1)	Holiday Activities and Food (HAF) Programme Health and social care Hampshire County Council (hants.gov.uk)
The Environment Centre	We're here to help everyday people, just like you, live in warm and comfortable homes. Our team of highly qualified energy advisers aim to help you save money on your energy bills, upgrade your home heating and apply for financial support.	If you feel you could benefit from this service, please contact the Environment Centre (tEC) by phoning 0800 804 8601 or emailing staywarm@environmentcentre.com	Home Energy – the Environment Centre (tEC)
Fleet Phoenix	The Fleet Phoenix food store offers food & hygiene parcels to those families most in need.	Contact Charlotte on: charlotte.tickner@fleetphoenix.co.uk	Services Fleet Phoenix
The Vine Centre, Switched On	Get energy advice and guidance all the week. We can help with debts, money saving tips and sign up to priority register.	01252 400196	All Services The Vine Centre

Housing for Hart		Housing Hart District Council
Citizens Advice	Free and Impcial Charity based support around housing	Housing - Citizens Advice

Name	Information	Contact	Website	Forms
School Nursing Team			https://www.southernhealth.nhs.uk/services/child-health-services/school-nursing/	
ChatHealth	ChatHealth 0-5 is a text messaging service set up to support parents, carers and families of under 5's in Hampshire. The service is run by local health visitors who have a wealth of experience of working with mums and dads-to-be, babies, toddlers and young children. The Health Visiting Team are able to support with questions from parents, carers and families relating to a wide range of health and wellbeing issues including crying babies, infant feeding, starting baby on solid foods, sleep and behaviour problems. As well as giving advice, the team can signpost to appropriate services and other support.	07520 615720	https://www.southernhealth.nhs.uk/services/child-health-services/health-visiting/chat-health-0-5/	
Change4Life			Healthier Families - Home - NHS (www.nhs.uk)	
CAMHs Online			Eating Difficulties – CAMHS (hampshirecamhs.nhs.uk)	
Hampshire Healthy Families	This session aims to work with you to gain an understanding of portion sizes, and also the confidence to start cooking from scratch and making meal times a real family activity. Under 5s only		Family Food, Fun & Fitness : Hampshire Healthy Families	
Hampshire Healthy Families	Introduction to solids, virtual course, 45 minutes		Introduction to Solids : Hampshire Healthy Families	
Beat	Offers information and advice on eating disorders, and runs a supportive online community. Also provides a directory of support services at	0808 801 0677	https://www.beateatingdisorders.org.uk/	

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Challengers	Safe, fun places and activities for children and young people from aged 2 to 18.	information@disability-challengers.org	https://disability-challengers.org/
Stepping Stones	Downs Syndrome Support	01252 417014	www.steppingstonesds.co.uk
The National Autistic Society (NAS)	Parent to Parent Service, confidential telephone support	0808 800 4106	www.autism.org.uk
The-Zone, Hart & Rushmoor and surrounding areas	parent support for autism and aspergers	07860 806179 - email: info@the-zone.org.uk	www.shantsnas.org.uk
Downs Syndrome Association		0333 1212 300	www.downs-syndrome.org.uk
SENDIASS	information and support for children/young people with special educational needs	0808 164 5504	www.hampshiresendiass.co.uk
Autism Hampshire	support for anyone affected by ASD	02380 766162	www.autismhampshire.org.uk
Hampshire Parent Carer Network (HPCN)	offers parents and carers of young people 0-25 with additional needs support	0300 3034330	www.hpcn.org.uk
Sids	The UK charity for children and adults who are growing up with or have grown up with a disabled brother or sister. They provide information, support and training on sibling issues for adult siblings, young siblings, parents and professionals.		Home - Sibs