

Where to go for support before referring to CAMHS

There are times when we all need help especially when you are caring for a child or young person with a disability or additional need. These following organisations will be able to support you with information, advice and support.

Parent Voice - www.parentvoice.info/

Information, Advice and Support for Parents and Carers with Children and Young People 0-25. Free Membership, weekly newsletter, support workers in each area of Hampshire.

Short Breaks & Gateway Cards - www.hampshiregateway.info/

Find activities and events for children and young people with additional needs on the Hampshire Gateway website.

Hampshire Local Offer - www.hantslocaloffer.info

Information on services available in Hampshire for children and young people from 0 to 25 who have additional needs.

Education Support

Support 4 SEND - www3.hants.gov.uk/support4send

Hampshire Independent Support - www.parentvoice.info/en/Independent_advice_-_Independent_Support

Free impartial information, advice and support to parent carers of children and young people with special educational needs and disabilities (SEND) and to children and young people with SEND throughout Hampshire. For ages 0 to 25 years, and offer support for any level of SEND.

Support from Social Services

To receive services from Hampshire you will need to be assessed to decide whether you and/or your child will meet various eligibility criteria.

Under 18's - Tel: 0300 555 1384

Over 18's - <https://connectsupport.hants.gov.uk/informationandadvice>

Useful helplines and support

Young Minds - www.youngminds.org.uk

Mind ed - www.minded.org.uk/

Italk - www.italk.org.uk/

Talk plus - www.talkplus.org.uk/

Ipsa - www.ipsea.org.uk/

Sossen - www.sossen.org.uk/

Hampshire CAMHS: Single Point of Access Service

Email: SPNT.HantsCamhsSpa@nhs.net

Tel: 0300 304 0050

Website: www.hampshirecamhs.nhs.net