

Services & Resources

Signposting for parents and carers



Hampshire CAMHS Website

This has a lot of resources on the website ranging from mental health topics to neurodiversity that can be accessed at:

<http://hampshirecamhs.nhs.uk/>



Hampshire CAMHS Events

Hampshire CAMHS run a number of free and reasonably priced events on a variety of pertinent topics across the county. These are to support parents and carers in a variety of ways. Take a look at the events page on the Hampshire CAMHS website or scan the QR code.

<https://hampshirecamhs.nhs.uk/events/>



Early Help Hubs

They can provide support on a range of areas including relationships, behaviours that are challenging, housing issues and emotional health. Further information about the service, including how to refer, is available on the Hampshire County Council website.

<https://fish.hants.gov.uk/kb5/hampshire/directory/home.page>



School Resources

This is a resource pack with strategies for how home and school can work together to support a child with ADHD traits to meaningfully access education.

<https://search3.openobjects.com/mediamanager/oxfordshire/fsd/files/adhd-together-resource-book.pdf>



Primary Behaviour Support Service

This is a service for primary school children that are facing behavioural challenges at school, discuss with the school and ask them to make a referral to.

www.hants.gov.uk/pbs



Inclusion Support Service (ISS)

This is a service for secondary school children experiencing barriers to attendance, discuss with the school and ask them to make a referral to prior to referring to Specialist CAMHS.

<https://www.hants.gov.uk/educationandlearning/educationinclusionservice>



'When to be concerned' leaflet

Produced by Hampshire CAMHS, this leaflet can offer further advice and information. If you need access to the leaflet in a different way, or cannot access the information via the QR code, please contact the Communications Team.

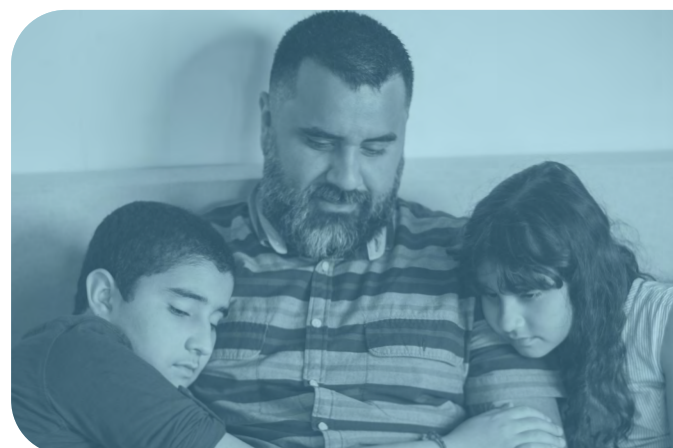
communications@southernhealth.nhs.uk



Hampshire SENDIASS

This is an impartial Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS) that aims to make a positive and lasting difference for children and young people with special educational needs and/or disability (SEND) and their parents and carers. We do this by providing timely confidential, impartial information, advice and support through our online resources, at events and workshops, via our helpline service and through individual casework.

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



Mental Health Workshops

Part 1 - Typical teenage development

This workshop provides an overview of teenage development and some ideas for what you can do to support your teen.

<https://www.youtube.com/watch?v=ITihFnMLGIs>



Part 2 - Common Mental Health Problems in Teenagers

This workshop discusses some common mental health problems during teenage years and gives ideas for what can support teenagers. This will be helpful for parents and young people. There is a workbook wellbeing in action that goes alongside this video.

<https://www.youtube.com/watch?v=rv0nBoYKxBw>



Part 3 - Parenting Teenagers with Mental Health Difficulties

This workshop provides ideas for how you can support yourself whilst parenting your child who has mental health difficulties.

<https://www.youtube.com/watch?v=K3HZNH7H8js>



Part 4 - How CAMHS can help

This workshop is for anyone working with young people and provides information about what our service offers.

<https://www.youtube.com/watch?v=Uyg5Vo3Uny0>

