

Mental Health Resources

Young people

ChatHealth

Text 07507 332 160
For ages 11-19
Confidential text messaging service

121 Counselling

For ages 11-25

Young Minds

For ages under 18
Crisis management support.

Stay Alive App

Provides support to teenagers around suicide prevention.

CalmHarm

Aims to help prevent self-harm amongst teenagers by providing activities to do in place.

DistrACT app

Helps with understanding distraction techniques to prevent self-harm

Parents

MindEd

Information and resources for parents/carers of people with mental health issues

Happy Maps

Huge list of resources for children of all ages

Counselling Directory

For patients whose children want to start attending counselling and need to find help.

YoungMinds

ChatHealth

Text 07507 615720 if child is under five and 07507 332417 if child is between 5-19

General

Headspace

Meditation / Mindfulness

My Possible Self

Low self confidence / Low resilience

SilverCloud

Helpful for most mental health issues

Sleepio

Sleep disturbance support.
Free to patients in North Hampshire area.

Phone line/text support

Samaritans – 116123
Childline 08001111
Crisis messenger Text SHOUT to 85258

For more information, please visit Whitewater Health website
www.whitewaterhealth.nhs.uk

Mental Health Resources

Young people

Kooth

An online site that offers counselling in a messenger service with trained counsellors. It focuses on improving day to day life, not solely crisis management.

iTalk

From aged 16 and registered with a GP, iTalk provides free treatment to people experiencing common mental health problems.

Hampshire Youth Access

HYA is a partnership of 11 leading agencies providing counselling, mental health and emotional wellbeing advice and support to children and young people.

YPI Counselling

YPI Counselling is a registered charity offering confidential counselling to young people aged 11-25 in the Basingstoke and Deane area.

Parents

The Hub of Hope

The UK's leading mental health support database that lists support and services for family members and friends.

General

Safe Haven

Drop in service open 7 days a week, 365 days a year from 6-10pm.
Address: 3 Vyne Road, Basingstoke, RG21 5NL

NHS 111

For anyone experiencing a mental health crisis. There is a mental health nurse available to speak to.

Help in a crisis

All the information you need in a crisis.

For more information, please visit Whitewater Health website
www.whitewaterhealth.nhs.uk