



Support to help Young People with their Mental Wellbeing (including Bereavement)



Guidance, tools, and tips

[Crisis, Self-Harm and Suicide – CAMHS](#)

[Self-harm support hub](#)

[Mental Wellbeing Hampshire](#)

[Mind's Info for young people](#)

[Parent and Carer support – CAMHS](#)

[Autistica – Tips Hub app](#)

Kooth: [kooth.com](https://www.kooth.com)

[ZSA suicide awareness training courses](#)

Support services

[NHS 111 Mental Health triage](#)

[SHOUT](#) text HANTS to 85258

[Help in a crisis:: Hampshire and Isle of Wight NHS Foundation Trust](#)

NE Hants: [Get help in a mental health crisis : Surrey and Borders Partnership NHS Foundation Trust](#)

Papyrus: [Papyrus UK Suicide Prevention | Prevention of Young Suicide](#)

[Therapeutic support services](#)

[Cruse Support After Suicide Service](#)

Project Iris: [Project Iris: Growing Hope | Inclusion Education](#)

ChatHealth: [ChatHealth : Hampshire Healthy Families](#)

Young Minds Parent Helpline: [Parents Helpline | Mental Health Help for Your Child | YoungMinds](#)

[Children and Young People's Safe Haven – Havant & East Hants Mind](#)

Sasha's Project: [Facebook](#)

Events (in person)

[How To Cope When Your Child Can't Event – Winchester 2026 – CAMHS](#)

Anxiety – understanding and strategies to help, Basingstoke: [Events – CAMHS](#)

Local online and in person events: [Local Support Groups and Events for Parents/Carers » Winchester](#)

