













## BAY HOUSE SIXTH FORM - HELP AND SUPPORT GUIDE






### Where to go for support




Online Resource	Website	Brief description
Childline	<a href="https://www.childline.org.uk">https://www.childline.org.uk</a> 	Childline is there to help anyone under the age of 19 with any issues they may have, no matter how big or small. They also provide information on bullying, abuse, safety and the law, you and your body, your feelings, home and families and friends and relationships.
NSPCC	<a href="https://www.nspcc.org.uk">https://www.nspcc.org.uk</a> 	NSPCC aims to protect children and prevent abuse. They provide lots of accurate and up-to-date information and resources to help support children.
Samaritans	<a href="https://www.samaritans.org">https://www.samaritans.org</a> 	Samaritans are there, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure. They offer a listening and support service to anyone who needs it.
Young Minds	<a href="https://youngminds.org.uk">https://youngminds.org.uk</a> 	Young minds aim to help young people feel supported and empowered, whatever the challenges. They are there to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties.
NHS Mental Health and Well being	<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/">https://www.nhs.uk/conditions/stress-anxiety-depression/</a> 	Provide accurate and up-to-date information and support with mental health conditions such as stress, anxiety and depression.
Anna Freud	<a href="https://www.annafreud.org/">https://www.annafreud.org/</a> 	The Anna Freud National Centre for Children and Families is a children's mental health charity with over 60 years' experience

		of caring for young people and their families.
italk	<a href="http://www.italk.org.uk">www.italk.org.uk</a>  Phone: 02380 383920 Email: info@italk.org.uk	A local talking therapy service. Wellbeing workshops aim to teach healthy coping skills for day to day life. If you're feeling low or overwhelmed, our guided self help options empower you to get back on track. Refer yourself on the website or by phone.
Papyrus	 <a href="https://www.papyrus-uk.org/papyrus-hopeline247/">https://www.papyrus-uk.org/papyrus-hopeline247/</a> HopelineUK - 9am - midnight (Everyday) Call : 0800 068 4141 Text: 07860039967	Change is something that happens throughout our lives, whether we like it or not. Sometimes a change comes that is difficult and can become overwhelming and lead to thoughts of suicide, or you may be supporting someone with these thoughts. HopelineUK -support for the under 35's
MIND	 9am to 6pm, Monday to Friday (except for bank holidays). 0300 123 3393 Email: <a href="mailto:info@mind.org.uk">info@mind.org.uk</a> <a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>	Are you under 18? If you're going through a tough time, you're not alone. We've got lots of information and resources to help. You can talk to us about: <ul style="list-style-type: none"> <li>● Mental health problems</li> <li>● Where to get help near you</li> <li>● Treatment options</li> <li>● Advocacy services</li> <li>● Welfare benefits (ask to speak to a welfare adviser)</li> </ul>
CAMHS	 <b>Hampshire Child and Adolescent Mental Health Service</b> <a href="https://hampshirecamhs.nhs.uk/">https://hampshirecamhs.nhs.uk/</a>	Hampshire Child and Adolescent Mental Health Service (CAMHS) is a NHS specialist service that aims to help young people aged 5 -18 years and their families who are finding it hard to manage their emotional and psychological health, and

		<p>who are suffering with acute, chronic and severe mental health problems.</p> <p>If you are worried about a young person please check out the specific guidance in relation to the mental health difficulties that they may be experiencing.</p>
<p>Moving On Project</p>	 <p>Email - <a href="mailto:info@the-mop.org">info@the-mop.org</a>  Call - 01329822331</p> <p><a href="https://www.the-mop.org/">https://www.the-mop.org/</a></p>	<p>The Moving On Project's vision is to improve the emotional health and wellbeing of young people aged between 11 - 25 in Fareham, Gosport and surrounding areas, so that they can achieve their full potential.</p> <p>Their mission is to provide both quality and confidential counselling, which is actionable and sustainable, to support the young people in the Fareham, Gosport and surrounding communities and allow them to move forward to their future.</p>
<p><b>Online Safety</b></p>		
<p>CEOP Think You Know</p>	<p><a href="https://www.thinkuknow.co.uk">https://www.thinkuknow.co.uk</a></p> 	<p>Great advice for young people with regards to staying safe (and well) on-line and reporting any problems/issues.</p>

Childnet	<a href="https://www.childnet.com/">https://www.childnet.com/</a> 	Great advice for young people with regards to staying safe on-line and reporting any problems/issues.
Internet matters	<a href="https://www.internetmatters.org/">https://www.internetmatters.org/</a> 	A website that provides information and support to parents and carers to help keep children safe in the digital world.
Parent info	<a href="https://parentinfo.org/">https://parentinfo.org/</a> 	Parent Info is a collaboration between Parent Zone and NCA-CEOP, providing support and guidance for parents and carers from leading experts and organisations.
<b>Substance &amp; Alcohol Info</b>		
Frank	<a href="https://www.talktofrank.com">https://www.talktofrank.com</a> 	The Frank website provides the most accurate and up-to-date information about drugs, the laws and the dangers.
Drinkaware	<a href="https://www.drinkaware.co.uk/">https://www.drinkaware.co.uk/</a> 	Drinkaware provides independent alcohol advice, information and tools to help people make better choices about their drinking. It also explains the dangers and effects of drinking alcohol.
ASH	<a href="https://ash.org.uk/home/">https://ash.org.uk/home/</a> 	ASH works to eliminate the harm caused by tobacco. Their website provides accurate and up-to-date information on smoking.
NHS Smokefree	<a href="https://www.nhs.uk/smokefree/why-quit/smoking-health-problems">https://www.nhs.uk/smokefree/why-quit/smoking-health-problems</a> 	A website which offers help and support to help people to quit smoking and why it is important to quit smoking.

Sexual Health		
Let's Talk About It	<a href="https://www.letstalkaboutit.nhs.uk">https://www.letstalkaboutit.nhs.uk</a> 	A great website for advice and information on contraception, STI's and general sexual health. Provides information on local services offering free contraception, emergency contraception, STI testing, etc.
Brook	<a href="https://www.brook.org.uk">https://www.brook.org.uk</a> 	Brook provides free and confidential sexual health advice. They provide advice and information on STI's, contraception, pregnancy, sex, gender, sexuality, abuse, relationships, well-being, etc.
Disrespect Nobody	<a href="https://www.disrespectnobody.co.uk">https://www.disrespectnobody.co.uk</a> 	A website which provides information on healthy relationships and support to help recognise when relationships are unhealthy.
Always Period advice and conditions.	<a href="https://www.always.co.uk/en-gb">https://www.always.co.uk/en-gb</a> 	An excellent website that gives girls information and advice on changes they may experience during puberty and advice and support for periods.
Parcs	  Helpline Telephone: 0300 222 5735 Mondays 11am-2pm Tuesdays & Thursdays 4.30pm-8pm	Portsmouth Abuse & Rape Counselling Service (PARCS) provides free specialist counselling and psychotherapy for people who have experienced sexual and/or domestic abuse, based in the Portsmouth and South East Hampshire area.  PARCS also provides the following services: · Counselling for parents, carers and family members · Helpline – Emotional Telephone Support · Specialist support groups

		<ul style="list-style-type: none"> <li>· Training, consultation and clinical supervision</li> <li>· Awareness and prevention services</li> <li>· Services to support young people who display harmful sexual behaviour</li> </ul>
<b>Healthy Eating/ Living</b>		
Change for Life	<a href="https://www.nhs.uk/change4life/food-facts">https://www.nhs.uk/change4life/food-facts</a> 	Change for Life is a useful and informative website for children and their families which looks at the importance of healthy eating. They provide food facts, recipe ideas and fun activities for keeping active.
Eat Well NHS	<a href="https://www.nhs.uk/live-well/eat-well/">https://www.nhs.uk/live-well/eat-well/</a> 	This website provides accurate information on the different types of food that are required to maintain a healthy diet. It also gives some recipes tips and advice.
<b>Bereavement</b>		
Simon Says	 Support Line - 02380 647550 <a href="https://www.simonsays.org.uk/">https://www.simonsays.org.uk/</a>	Simon Says supports 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.
Help in Bereavement	<b>HELP IN BEREAVEMENT</b> Support for those who have been bereaved 07432 602 613 <a href="https://help-in-bereavement.org.uk/">https://help-in-bereavement.org.uk/</a>	Help in Bereavement was set up in 1979 as a response to the perceived needs of those suffering the grief, loneliness and social isolation caused by losing someone they love. We offer a free visiting service covering Portsmouth, Gosport, Fareham and Havant (SE Hampshire).