

## **Useful websites to support emotional wellbeing and mental health**

### **Young Minds**

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Just as people's bodies can become unwell, people's minds can become unwell too. Mental health problems are more common than you might think – three children in every classroom have a mental health problem. Young Minds offer information to young people and children about mental health and emotional wellbeing. If you need to talk, they can let you know about organisations that listen, plus they offer online support and info.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

### **Winston's Wish**

The death of a parent, brother or sister is one of the most fundamental losses a child will ever face. At Winston's Wish, they believe that bereaved children need support to make sense of death and rebuild their lives. The Winston's Wish Helpline offers support, information and guidance to all those caring for a bereaved child or young person.

Helpline 08452 03 04 05 (Monday – Friday, 9am to 5pm, and Wednesday evenings, 7pm to 9.30 pm)

[www.winstonswish.org.uk](http://www.winstonswish.org.uk)

### **Kidscape**

Kidscape are the first charity in the UK established specifically to prevent bullying and sexual abuse. The website offers advice and practical skills on how to deal with bullying. Remember, no-one deserves to be bullied. Nearly everyone is bullied at some time in their lives: by brothers and sisters, by neighbours, by adults or by other children/young people. I.

[www.kidscape.org.uk](http://www.kidscape.org.uk)

### **CAMHS**

Child and Adolescent Mental Health Services (CAMHS) are an NHS service, that aims to help young people up to the age of 18 who are finding it hard to manage their emotional, psychological and mental health. CAMHS have community teams of staff across the Hampshire area who are able to support young people and families if needed.

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

## **Hampshire Youth Access**

Hampshire Youth Access (HYA) is a partnership of 12 leading agencies providing counselling, information, advice, and support to children and young people aged 5 to 17 across Hampshire. We also give advice and information to anyone concerned about a child or young person's emotional wellbeing.

By working together, we are able to share experience and best practice. This means that we are in a good position to help improve outcomes for children and young people.

<https://hampshireyouthaccess.org.uk/>

## **Mental Health Foundation**

This website provides support and information for families. The Mental Health Foundation recognises the pressures of everyday life, and provides support to help with these.

<https://www.mentalhealth.org.uk/>

## **Childrens' Mental Health Week**

This site is an awareness charity group. It provides a wealth of information to support your child and provides parents with access to a mental health community if needed.

<https://www.childrensmentalhealthweek.org.uk/>