

FAMILY SUPPORT

SIGNPOSTING

Support services for further advice and guidance

Children's Mental Health

Hampshire Youth Access (HYA)

<https://hampshireyouthaccess.org.uk>

Anxiety UK www.anxiety.org.uk

Young Minds

0808802 5544

www.youngminds.org.uk

CAMHS website –

www.hampshirecamhs.nhs.uk/help/young-people

Perfectionists

Big Life journal –

A blog with a range of accessible resources and information

<https://biglifejournal-uk.co.uk/blogs/blog/perfectionist-child>

Mindfulmazing-

Articles, resources and advice to use at home with your family

www.mindfulmazing.com

Books:

The girl who never made mistakes

The Boy, The Mole, The Fox and The Horse

Beautiful Oops

Anxiety

EP Service Telephone Helpline

Tuesday and Thursday Term time

02392 441497

www.hampshirecamhs.nhs.uk/help/young-people - links to anxiety

information/podcasts/apps/workbooks for children and young people parents/carers and professionals.

Books:

Starving the anxiety gremlin

Don't worry be happy" -Poppy O'Neill

Hampshire Services:

Emotionally Based School Avoidance

<https://documents.hants.gov.uk/childrens-services/EBSA-good-practice-guidance>

Parental Mental Health Support

Italk-www.italk.org.uk

Solent Mind

<https://www.solentmind.org.uk/support-for-you/services-in-fareham-and-gosport/>

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Separated Families

Family Lives –

Helpline 0808 0800 2222/
[www/familylives.org.uk](http://www.familylives.org.uk)

Gingerbread – www.gingerbread.org.uk

Relate –

<https://www.relate.org.uk/relationship-help/help-separation-and-divorce/talking-about-separation/telling-children>

Mediation

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

Sleep

The Sleep Council –

<https://sleepcouncil.org.uk/where-to-get-help>

The Children’s Sleep Charity-

<https://www.thechildrenssleepcharity.org.uk/parents.php>

Sleep Hygiene CAMHS-

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

Health Support

www.hampshirehealthyfamilies.org.uk

Fareham and Gosport school Nursing Team
01489554992

Bowel/Bladder Issues

ERIC –The Children’s Bowel and Bladder
Charity <https://www.eric.org.uk>

Managing Challenging Behaviour

Family Lives – helpline 0808 0800 2222

<https://www.familylives.org.uk/advice/primary/behaviour/challenging-behaviour>

Family Links website – useful resources and
parent tips:

<https://www.familylinks.org.uk/resources-for-parents>

<https://hampshirecamhs.nhs.uk/wp-content/uploads/2018/07/Parent-fact-sheet-Managing-challenging-behaviour.pdf>

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Bereavement

Simon Says – 02380 647550

www.simonsays.org.uk/support-and-help/support-groups/

Winstons Wish – www.winstonswish.org

The Good Grief Trust -

<https://www.thegoodgrieftrust.org/>

Books:

Badgers Parting Gifts

The Invisible String

The Memory Tree

The Heart in a Bottle

Food Support

Fareham and Gosport Basics Bank –by referral

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

Hampshire Food Revolution-no referral needed-Follow the Facebook page for updates of boxes of food available throughout the year

<https://en-gb.facebook.com/foodrevolutionCIC/>

Henry Cort Drive, Fareham

Meon Valley Food Bank-by referral

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

SEN Support

Hampshire Local Offer -

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

Autism Hampshire

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

<https://www.autism.org.uk/directory/a/autism-hampshire>

Anger

Books:

“The Red Beast” –available Amazon

“A Volcano in my Tummy” – available from Amazon

Lemon Lime Adventures –

Free resources and articles

<https://lemonlimeadventures.com/best-parenting-tips-parenting-an-angry-child/>

Lorraine Lee – Highly recommended online video/audio courses for parenting skills

<https://www.lorrainelee.org/store/#!/Managing-Anger-&-Frustration-Video-Audio-Notes-Bundle/p/235757319/category=0>

