NO LIMITS

Helping Young People Help Themselves

# SOUTH WEST HAMPSHIRE SUPPORT SERVICES FOR UNDER 18s

# CRISIS SUPPORT

## Childline

Advice, support and information for under 19s about anything you're going through

childline.org.uk

0800 1111
Available 24/7

## Samaritans

A supportive listening phone service. You can also contact them by email and letter, and get face-to-face support at a local branch.

samaritans.org

116 123
Available 24/7

## CALM

Phoneline and webchat available for anyone struggling with their mental health.

thecalmzone.net

0800 58 58 58
5pm - midnight every day

## SHOUT

A text service for anyone in crisis anytime, anywhere. Available for free on all major mobile networks.

giveusashout.org

Text 'HANTS' to 85258
Available 24/7

## NHS 111

Mental health support over the phone from the NHS.

111.nhs.uk

111
Available 24/7

# FURTHER SUPPORT

## No Limits

Free information, advice and support for children and young people under 26 in Southampton, Hampshire, Portsmouth and the Isle of Wight. Youth workers are trained to help with a range of issues including mental health, relationships, employment, housing, money and substance use.

nolimitshelp.org.uk

02380 224 224

## Eastleigh Youth Counselling

Free, confidential counselling for ages 11-19 in Eastleigh, Chandlers Ford, Hedge End and Botley.

eycs.co.uk

## Youth in Romsey

Supporting young people on any issue they may be facing including counselling, employment, education, financial help, sexual health and mental health.

yir.org.uk

## Youth Options

Events, youth centres and holiday clubs for children and young people in Southampton.

youthoptions.org.uk

## NHS Talking Therapies

Counselling, courses and support for anyone aged 16+ registered with a GP in Hampshire.

talkingtherapieshiow.nhs.uk/hampshire

02380 383 920

## Autism Hampshire

A charity offering a range of services to support autistic people and/or those with ADHD.

autismhampshire.org.uk

## Breakout Youth

Confidential support for young people aged 11 to 25, who are lesbian, gay, bisexual, transgender, questioning or unsure of their sexuality or gender identity across Hampshire and the Isle of Wight.

breakoutyouth.org.uk

## Sport in Mind

Using sport and physical activity to improve the lives of people experiencing mental health problems. Go to their website to see timetables of activities.

sportinmind.org/youth-community

## YoungMinds

Online information for young people and parents about young people's mental health.

youngminds.org.uk

## Kooth

Free, confidential online counselling and mental health support.

kooth.com

## The Mix

Online information and resources on all aspects of a young person's life including mental health, relationships, work/study, money, housing.

themix.org.uk

## Treetops Sexual Assault Referral Centre (SARC)

Support to anyone of any age who has been raped or sexually assaulted.

hiowhealthcare.nhs.uk/sarc

0300 123 6616
Available 24/7

## 24/7 Rape & Sexual Abuse Support Line

A free, confidential emotional support and listening service for anyone over the age of 16 affected by sexual violence or abuse living in England and Wales.

247sexualabusesupport.org.uk

0808 500 2222
Available 24/7

## Hampshire 24/7, by Catch 22

A treatment service offering targeted, specialist and family support for children and young people in Hampshire who are affected by substance use.

catch-22.org.uk/find-services/hampshire-247

# SELF-HELP APPS

Here are some of our top picks for self-help apps for your phone.

All apps are available on the Apple App Store and Google Play and also include the age ratin and whether they are recommended by the NHS.

**Calm Harm**: Helping young people manage the urge to self-harm — 13+ NHS

**DistrACT**: Trusted information for people who self-harm or feel suicidal. — 16+ NHS

**Stay Alive**: Helping you to plan and stay safe during a mental health crisis. — 4+ NHS

**HarmLess**: Empower your resilience against self-harm and life's stresses. — 4+

**Tellmi**: Share your mental health concerns anonymously and get help and advice. — 13+

**MyPossibleSelf**: Your companion for anxiety, sleep, stress, depression and wellbeing. — 13+ NHS

**Mindshift CBT**: Manage your anxiety and stress using cognitive behavioural therapies. — 13+ NHS

**I Am**: Daily affirmations to help build self-esteem and change negative thoughts. — 9+

**Calm**: Helping you to sleep more, stress less and live mindfully. — 4+

**Headspace**: Lifelong guide to mental health, mindfulness and meditation. — 4+

**Catch It**: Better understand your moods using an ongoing mood diary. 13+ NHS

**Finch Self Care**: A self-care pet app helping you feel prepared and positive one day at a time. 4+

**Kinder World**: Wellbeing Plants: Find peace and relaxation in everyday life as you raise plants. 4+

**Tiimo**: Daily planning and learning app designed for neurodiverse individuals. 9+

**Habitica**: Habit-building and productivity app to gamify your tasks and goals. 4+

**I Am Sober**: Get motivated by tracking sober days and build new habits and connections. 18+ NHS

**Everything AA**: Helping you on your Alcoholics Anonymous Journey. 13+

**Callie**: Take control of your personal safety. 4+

**Hollie Guard**: Turn your phone into a personal safety device and help protect you from violence. 4+

**WalkSafe+**: Travel safely, create a safety circle and enjoy a safer experience when out with friends. 4+

**Y-Stop**: Record yourself and monitor how Police Stop & Search is conducted. 4+

# LOOKING AFTER YOUR MENTAL HEALTH

## Talk to someone you trust

Let someone know how you feel. Talking can help you to unload how you're feeling and is often the first step to tackling your issue.

Talk to someone who you trust and think will support you - this could be a friend, family member, No Limits worker, teacher or someone else.

## Take baby steps

When you feel low, everything is 10 times harder than usual. Make sure you take things slowly and feel proud of every small thing you do. Don't beat yourself up if you think you haven't done much - each small step is positive. Even simple tasks like getting out of bed, having a drink or cleaning your teeth can be challenging. However, they are all good achievements.

## Soothing things

If you are feeling low or need a bit of a recharge, having some activities or things to go to that you know will comfort you can help. Try writing a list or making a self-soothe box and think about what you could include, like listening to music, something that smells nice, a special teddy or blanket to hold.

## Prioritise yourself

It's important to look after ourselves and sometimes that might mean making a decision for yourself instead of others. If you need time to yourself to relax and de-stress, you should give yourself that time. You don't have to say yes to everything and you won't be letting people down.

## Look after your physical health

Eating a balanced diet gives our body the right nutrients to be able to function properly, which is important when trying to maintain positive mental health and have enough energy each day.

Getting your body moving can also help, even if it's just a little bit. Movement makes your body release endorphins, serotonin and dopamine, which all make you feel better.

By making gradual changes to your lifestyle, you'll find it easier to adjust slowly, rather than throwing yourself in at the deep end.

Make sure you're also getting enough sleep, too, as not getting enough contributes to feeling low. Try and aim for eight hours a night.

## Try mindfulness

Mindfulness is taking time to focus on the present moment, giving our minds a bit of a break from the business and stresses of everyday life. It can reduce our anxiety and stress levels as well as improving our overall health.

Scan the QR code to find out more and try some techniques.
*nolimitshelp.org.uk/resource/mindfulness-for-mental-health*

If you don't feel ready to talk to someone, a good alternative that still helps you get your feelings out is journalling or keeping a mood diary. Lots of people find that they are more able to understand or let go of feelings once they've written them down.

It is also a good way to track your emotions over time and they can also help you to think of any good things that have happened that day.

# TIPS FOR MANAGING ANXIETY AND LOW MOOD

If you ever find yourself needing a way to cope with the immediate future, try some of these:

## Breathing techniques

### Square breathing

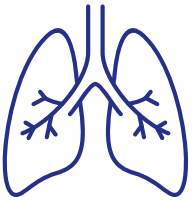
Start by breathing in and follow round until you start to feel relaxed.

Breathe in to the count of four

Hold to the count of four

Breathe out to the count of four

Pause to the count of four



### Five finger breathing

Slowly trace round each of the fingers on one hand with a finger from the other. Breathe in on the way up the finger and breathe out on the way down.

## Grounding technique

**5** Name five things you can see

**4** Name four things you can feel

**3** Name three things you can hear

**2** Name two things you can smell

**1** Name one thing you can taste

# MENTAL HEALTH PAIN SCALE

This scale can help you to let others how you are feeling emotionally, and what your immediate needs are. Use it to help you explain to your parents, professionals, and other people in your life.

| | | |
|---|---|---|
| MILD | 1 | Everything is just right! There's nothing wrong at all and you feel great! |
| | 2 | You might be a bit frustrated or disappointed but it isn't going to ruin your day. You'll cheer up soon. |
| | 3 | Something might be bothering you, like being overtired or hungry, but you're doing okay. |
| MODERATE | 4 | It's been a bad day or a bad few days. But you know you'll get through it. Take care of yourself. |
| | 5 | Your mental health is starting to impact on your normal life. Easy things are getting harder. You should talk to someone. |
| | 6 | You can't do things you'd usually do because of your mental health. You're getting impulsive and compulsive thoughts that are hard to get rid of. |
| SEVERE | 7 | You're avoiding doing things that might make you feel even worse, but this isn't good. You definitely need to talk to someone, it's getting serious. |
| | 8 | You can't hide it any longer. You might have issues with things like eating, sleeping, school, having fun with friends and family. Your mental health is affecting almost every part of your life. |
| | 9 | You're at a critical point. You aren't functioning properly anymore. Negative thoughts and feelings are constant and you don't know what to do. You may be at risk if you don't get support. |
| | 10 | You're experiencing the worst emotional distress possible. Things can't get any worse and you can't see it getting better. You feel like this is it. You need to contact a crisis line immediately. |

Service details correct as of July 2026