

Children & Young People's Wellbeing Journey

Mental wellbeing support in Southampton City for under 18s

It can be hard to know where to go when you need support for your mental health, but there are a range of services to help you in Southampton, both online and in the community.

Follow the links to find out more about the services

Step 1: Self-help and online support

Apps, websites and services where you can find useful information and links for support and self-help for your wellbeing journey and to help your mental health

- >>> [Kooth](#) - free, safe, anonymous online chat with counsellors and therapists.
- >>> [Anna Freud Centre for Children and Families](#) and [Young Minds](#) - support for children, young people and families.
- >>> [No Limits](#) - (see step 2).
- >>> [Re:minds](#) - support for parents/carers of children with mental health and/or neurodiverse needs.
- >>> [BEAT](#) - support for young people affected by eating disorders.
- >>> [The Little Blue Book of Sunshine](#) - tips for problems like anxiety, body image, relationships and anger. Available free from [Google Play Store](#) & [Apple Books](#).

Step 2: Getting help from your community or school

Talk to someone, see someone, get involved, attend a wellbeing workshop, activity or group

- >>> Your [school or college](#) can provide support like Emotional Literacy Support Assistants, Mental Health in School Team and weekly health and wellbeing drop-ins.
- >>> [Re:minds](#) - (see step 1).
- >>> [No Limits](#) - Advice, information and support, including counselling and [Safe Haven](#), for people under 26.
- >>> [Children and Families First](#) – access to [Family Hubs](#) who can provide advice and support for the whole family.
- >>> Voluntary and community organisations, like [Youth Options](#), [Saints Foundation](#), [SoCo Music project](#), [City Reach Youth Project](#), [Weston Church Youth Project](#), and [Community Playlink](#).

Step 3: Getting more help

- >>> [Yellow Door](#) - A range of specialist support for young people who have been affected by domestic abuse, sexual violence/abuse or other forms of interpersonal harm
- >>> [NHS 111](#) - mental health triage team, call 111 or visit [111.nhs.uk](#), 24/7
- >>> [Specialist CAMHS](#) - deliver evidenced based treatment for mental health disorders. Can include medication and talking therapies on a 1-2-1, group or family basis

Step 4: Immediate and urgent help and support if you or someone you know is experiencing a crisis

- >>> [In an emergency](#) - If a child or young person has injured themselves, taken an overdose or their life is at risk, dial 999 or go to the nearest emergency department.
- >>> [Shout](#) - text 'HANTS' to 85258 for free, 24/7 mental health text support in the UK
- >>> [NHS 111](#) - (see step 3)
- >>> [Samaritans](#) - call the helpline on 116 123, 7 days a week, 24 hours a day, for those in emotional distress

Service information for 16 – 25 year olds is available on the [Southampton Mental Health Network \(SMHN\) website](#).

These websites and apps are externally owned and managed.