

# Support to help Young People with their Mental Wellbeing (including bereavement)

## Guidance, tools, and tips

[Crisis, Self-Harm and Suicide – CAMHS](#)

[Self-harm support hub](#)

[Mental Wellbeing Hampshire](#)

[Mind's Info for young people](#)

[Parent and Carer support – CAMHS](#)

[ZSA suicide awareness training courses](#)

[Autistica – Tips Hub app](#)

## Support services

[NHS 111 Mental Health triage](#)

[SHOUT](#) text HANTS to 85258

[Help in a crisis:: Hampshire and Isle of Wight NHS Foundation Trust](#)

NE Hants: [Get help in a mental health crisis : Surrey and Borders Partnership NHS Foundation Trust](#)

Papyrus: [Papyrus UK Suicide Prevention | Prevention of Young Suicide](#)

Kooth: [kooth.com](#)

[Helping teenagers cope with death - Cruse Bereavement Support](#)

[Cruse Support After Suicide Service](#)

ChatHealth: [ChatHealth : Hampshire Healthy Families](#)

Young Minds Parent Helpline: [Parents Helpline | Mental Health Help for Your Child | YoungMinds](#)

[Children and Young People's Safe Haven – Havant & East Hants Mind](#)

Sasha's Project: [Facebook](#)

## Events (in person)

Information and advice sessions, July 2025, Winchester: [Events – CAMHS](#)

Embrace autism and ADHD, July, Waterlooville: [Events – CAMHS](#)

Mental health focused sessions, September 2025, Winchester: [MENTAL HEALTH FOCUS](#)

