

### Signpost services/resources

Area of Concern	Recommendations
<b>COVID-19 paragraph</b>	<p>Many young people are experiencing heightened anxiety due to the changes and impact Covid-19 is having on all our lives at this time. This is a very normal and understandable response to a big change to our day to day lives. They may be experiencing difficult emotions as a response to both the lifestyle changes that social distancing has brought, the extensive media coverage and also picking up on any anxieties of those around them. It is a difficult time for us all. We would encourage you and ..... to take a look at our resources to support young people with their mental wellbeing at this time.</p> <p><a href="https://hampshirecamhs.nhs.uk/help/young-people/coronavirus-help-support-and-advice/">https://hampshirecamhs.nhs.uk/help/young-people/coronavirus-help-support-and-advice/</a></p>
<b>Anxiety</b>	<p>the support pages of our Hampshire CAMHS website (<a href="http://www.HampshireCAMHS.nhs.uk">www.HampshireCAMHS.nhs.uk</a>). You will find a lot of helpful information, support and advice. In particular there are useful support options, tips and strategies for anxiety available in the help section of the website.</p> <p>As well as the support pages of The Hampshire Camhs website we would also recommend the CAMHS</p> <ul style="list-style-type: none"> <li>• <b>How to Beat Anxiety</b>’ self-help workbook (for children)</li> <li>• <b>‘Anxiety Management</b>’ self-help workbook (for teens)</li> <li>• <b>‘Wellbeing in Action</b>’ self-help workbook</li> <li>• <b>Best Version of You</b> self-help workbook</li> </ul> <p>We also recommend the CAMHS <b>‘How to Beat Anxiety</b>’ self-help workbook (for children) or the <b>‘Anxiety Management</b>’ self-help workbook (for teens) which can be found and downloaded from our website <a href="http://www.HampshireCAMHS.nhs.uk">www.HampshireCAMHS.nhs.uk</a> . The workbooks are structured evidence-based resources devised by Hampshire CAMHS which contain relaxation strategies, activities to broaden understanding and management of anxiety, and resilience-promoting guidance to tackling fears effectively. We recommend that this therapeutic work is undertaken with consistent parental guidance and support as evidence suggests that young people manage to tackle anxiety more effectively when they feel independent yet supported within the family.</p> <p>You may find it useful to look at our downloadable work book, <b>Wellbeing in ACTION</b>, on the CAMHS website. The workbook is for young people who are having some problems with anxiety or low mood and want things to change. It contains strategies to manage thoughts and feelings, build resilience and help with coping when things get tough or go wrong. You</p>

	<p>can find the booklet on our website at:  <a href="https://hampshirecamhs.nhs.uk/help/young-people/anxiety-yp/">https://hampshirecamhs.nhs.uk/help/young-people/anxiety-yp/</a></p> <p>Many young people have found these self-help websites and messenger services useful.</p> <ul style="list-style-type: none"> <li>• <b><a href="http://www.YoungMinds.org.uk">www.YoungMinds.org.uk</a></b> - a website that provides information and support for young people including a 24/7 crisis messenger. If you are experiencing a mental health crisis and need support, you can text YM to <a href="tel:85258">85258</a>.</li> <li>• <b><a href="http://www.TheMix.org.uk">www.TheMix.org.uk</a></b> - a website which offers information and support for young people under 25 years old, including a helpline, one-to-one chat, discussion boards and online counselling.</li> <li>• <b>Chat Health</b> - a secure and confidential text service which allows patients to easily and anonymously get in touch with health care professionals for advice and support. In Hampshire young people can text 07507 332160 and more information can be found on their website <a href="http://www.HealthForTeens.co.uk/health/about-chathealth/">www.HealthForTeens.co.uk/health/about-chathealth/</a></li> </ul> <p>You may find it helpful to make a <b>self-soothe box</b> which can be used when feeling worried. A video demonstrating how to do this can be found on the Hampshire CAMHS website:  <a href="https://hampshirecamhs.nhs.uk/video/5-of-7-make-your-own-self-soothe-box/">https://hampshirecamhs.nhs.uk/video/5-of-7-make-your-own-self-soothe-box/</a></p> <p>You may also find it useful to look at our <b>recipes4wellbeing</b> which can be found at <a href="http://www.sussexcamhs.nhs.uk/resources-recipes4wellbeing/">www.sussexcamhs.nhs.uk/resources-recipes4wellbeing/</a>. These cards provide help and advice about how to support young people, what to look out for, and when you should be concerned.</p>
<b>Low-Mood/ Depression</b>	<p>the support pages of our Hampshire CAMHS website (<b><a href="http://www.HampshireCAMHS.nhs.uk">www.HampshireCAMHS.nhs.uk</a></b>). You will find a lot of helpful information, support and advice. In particular there are useful support options, tips and strategies for low-mood available in the help section of the website.</p> <p>You may find it useful to look at our downloadable work book, <b>Wellbeing in ACTION</b>, on the CAMHS website. The workbook is for young people who are having some problems with anxiety or low mood and want things to change. It contains strategies to manage thoughts and feelings, build resilience and help with coping when things get tough or go wrong. You can find the booklet on our website at:  <a href="https://hampshirecamhs.nhs.uk/help/young-people/depression-yp/">https://hampshirecamhs.nhs.uk/help/young-people/depression-yp/</a></p> <p>Many young people have found these self-help websites and messenger services useful:</p>

	<ul style="list-style-type: none"> <li>• <b>www.YoungMinds.org.uk</b> - a website that provides information and support for young people including a 24/7 crisis messenger. If you are experiencing a mental health crisis and need support, you can text YM to <u>85258</u>.</li> <li>• <b>www.TheMix.org.uk</b> - a website which offers information and support for young people under 25 years old, including a helpline, one-to-one chat, discussion boards and online counselling.</li> <li>• <b>Chat_Health</b> - a secure and confidential text service which allows patients to easily and anonymously get in touch with health care professionals for advice and support. In Hampshire young people can text 07507 332 160 and more information can be found on their website <u><a href="http://www.HealthForTeens.co.uk/health/about-chathealth/">www.HealthForTeens.co.uk/health/about-chathealth/</a></u></li> <li>• Papyrus</li> <li>• HOPELineUK (0800 068 41 41)</li> <li>• Stay Alive - <i>wellbeing app</i></li> <li>• Students Against Depression</li> <li>• Charlie Waller Memorial Trust (CWMT)</li> </ul> <p>You may also find it useful to look at our <b>recipes4wellbeing</b> which can be found at <u><a href="http://www.sussexcamhs.nhs.uk/resources-recipes4wellbeing/">www.sussexcamhs.nhs.uk/resources-recipes4wellbeing/</a></u>. These cards provide help and advice about how to support young people, what to look out for, and when you should be concerned.</p> <ul style="list-style-type: none"> <li>•</li> </ul> <p><b>Books</b></p> <ul style="list-style-type: none"> <li>• "Blame My Brain" by Nicola Morgan: <u><a href="https://www.nicolamorgan.com/product/blame-my-brain/#:~:text=Blame%20My%20Brain%20was%20the%20first%20book%20in,teachers%20usually%20grab%20it%20and%20devour%20it%20eag,erly">https://www.nicolamorgan.com/product/blame-my-brain/#:~:text=Blame%20My%20Brain%20was%20the%20first%20book%20in,teachers%20usually%20grab%20it%20and%20devour%20it%20eag,erly</a></u>. <i>Useful for YP, parents and clinicians to read.</i></li> <li>• "A Clinician's Guide to Think Good-Feel Good" by Paul Stallard: <u><a href="https://books.google.co.uk/books?id=nu0cq3HpsP8C">https://books.google.co.uk/books?id=nu0cq3HpsP8C</a></u> <i>This was also suggested during the A&amp;F teaching</i></li> <li>• "Exploring Depression and Beating the Blues" by Tony Attwood and Michelle Garnett: <u><a href="https://attwoodandgarnettevents.com/2018/10/02/exploring-depression-and-beating-the-blues-tony-attwood-and-michelle-garnett/">https://attwoodandgarnettevents.com/2018/10/02/exploring-depression-and-beating-the-blues-tony-attwood-and-michelle-garnett/</a></u> <i>This books is a CBT self-help guide that contains adapted resources for children with ASD</i></li> </ul>
<b>ADHD</b>	<p>We recommend that you make contact with organisations that support families who have a child with ADHD or are waiting for an assessment.</p> <p><b>Hampshire Specialist Parenting Support Service (HSPSS)</b> delivers evidence-based parenting programmes both in a group setting and</p>

	<p>individually in family homes to parents with children aged 5 to 17 years. They provide the 'The Parent Factor for ADHD' programme to support and strengthen skills and strategies for parenting a child with ADHD, including behavioural strategies, understanding how ADHD affects child development and problem solving skills. For more information call HSPSS on 01489 799178 or complete the online referral form found on their website <a href="http://www.Barnardos.org.uk/hspss.htm">www.Barnardos.org.uk/hspss.htm</a></p> <p><b>BRAAIN</b> are a voluntary organisation based on the Surrey and Hampshire borders. They support parents and carers of children with Attention Deficit Hyperactivity Disorder (ADHD) and Autistic Spectrum Condition (ASC) or Special Educational Needs (SEN) by providing them with a single website to find information about local clubs, support groups, financial support, courses and more. More information can be found on their website <a href="http://www.Braain.co.uk">www.Braain.co.uk</a> or they can be contacted at <a href="mailto:enquiries@braain.co.uk">enquiries@braain.co.uk</a></p> <p>The <b>National Attention Deficit Disorder Information and Support Service</b> (ADDISS) provide people-friendly information and resources about ADHD to families and professionals. More information can be found on their website <a href="http://www.addiss.co.uk">www.addiss.co.uk</a> or they can be contact on 020 8952 2800 or <a href="mailto:info@addiss.co.uk">info@addiss.co.uk</a></p> <p><b>'Helping Hyperactive Kids: A Sensory Integration Approach – Techniques and Tips for Parents and Professionals'</b> by Lynn Horowitz and Cecile Rost. This book provides a complete overview and explanation of the therapy, as well as practical sensory integration based techniques that can be used by teachers and parents to help the hyperactive child.</p>
<b>No ADHD indicated when forms returned – letter to parents.</b>	<p>Having considered the information in the referral and the information contained in the forms returned by you and school we will not be offering ..... an appointment for an ADHD assessment.</p> <p>Most children and young people will show signs of behaviours associated with ADHD at one time or another; as a result the guidelines for determining whether a person has ADHD are very specific. It is important to note that the behaviours must create significant difficulty in at least two areas of life, such as home, social settings, or school. Symptoms must be present for at least six months and are usually noticeable before the age of 6. The information received in the forms returned suggests that ..... difficulties differ between home and school. Although we can see that ..... might need support both at home and at school, the information we have does not indicate he has ADHD or would require support from a specialist mental health service such as CAMHS.</p> <p><b>Hampshire Specialist Parenting Support Service (HSPSS)</b> delivers evidence-based parenting programmes both in a group setting and individually in family homes to parents with children aged 5 to 17 years. For more information call HSPSS on 01489 799178 or complete the online referral form found on their website <a href="http://www.Barnardos.org.uk/hspss.htm">www.Barnardos.org.uk/hspss.htm</a></p>

	<p>As I have described we will not be offering ..... appointment with Specialist CAMHS for an ADHD assessment at this time, and we hope that some of the resources mentioned will be of support for you and ..... However, if after these suggestions have been tried or you have more information which suggests that ..... has mental health difficulties which meet our criteria please re-refer by using our self-referral forms which can be found on <a href="http://www.HampshireCAMHS.nhs.uk">www.HampshireCAMHS.nhs.uk</a></p>
<p><b>Autism</b> (referral mentions ASC or possible ASC and the family may need support to manage this)</p>	<p>We recommend that you make contact with organisations that support families who have a child with ASC or are waiting for an assessment.</p> <p>The <b>National Autistic Society</b> provides help and advice for children with Autism (and those who are waiting for an Autism assessment). They have an Autism Helpline, Education Rights service and Parent to Parent service. More information can be found on their website <a href="http://www.Autism.org.uk">www.Autism.org.uk</a> or they can be contacted on 0808 800 4104</p> <p><b>Parent to Parent</b> is a service run by the National Autistic Society and is a UK-wide confidential telephone service providing emotional support, the opportunity to talk through problems and feelings, suggest helpful strategies and provide a non-judgemental listening ear to parents and carers of children or adults with autism. The service is provided by trained parent volunteers who are parents themselves of a child or adult with autism. More information can be found on the National Autistic Society website <a href="http://www.Autism.org.uk">www.Autism.org.uk</a> or they can be contacted on 0800 800 4106</p> <p><b>Autism Hampshire</b> provides information and advice, including pre, during and post diagnostic support. They also have social groups for parents of children and young people who have a diagnosis of Autism. More information can be found on their website <a href="http://www.AutismHampshire.org.uk">www.AutismHampshire.org.uk</a> or they can be contacted on 02380 766162</p> <p><b>Hampshire Specialist Parenting Support Service (HSPSS)</b> delivers evidence-based parenting programmes both in a group setting and individually in family homes to parents with children aged 5 to 17 years who have autism and behaviour that challenges. They provide the 'Cygnet' parenting programme for parents to develop a better understanding of Autism and develop positive parenting strategies. For more information call HSPSS on <b>01489 799178</b> or complete the online referral form found on their website <a href="https://www.barnardos.org.uk/what-we-do/services/hampshire-specialist-parenting-support-service">https://www.barnardos.org.uk/what-we-do/services/hampshire-specialist-parenting-support-service</a></p> <p><b>Koala</b> - Koala offers autistic-led support for autistic and neurodivergent individuals, their families and carers. A diagnosis is not needed. Based at the Bridge in Andover. Support is provided through peer groups, training, drop-ins and much more. <a href="http://www.koalacommunityhub.co.uk">www.koalacommunityhub.co.uk</a></p>

	<p><b>Ask About Autism</b> is a service designed to help families of children with ASC as well as those going through the diagnosis process. This service has been developed by three different organisations across Hampshire – BRAAIN, Hampshire Parent Carer Network and Parent Voice, Isle of Wight. They provide support to families through workshops, support groups and an information line. You can find out more information on BRAAIN's website at <a href="http://www.braain.co.uk/ask-about-autism">www.braain.co.uk/ask-about-autism</a></p>
<b>Bullying</b>	<p>There is support available if your child is experiencing bullying or relationship difficulties with their peers. We would recommend that you ask to see their school's bullying policy and discuss with the school what strategies they have in place to help.</p> <p>You may also wish to contact <b>Kidscape</b> who help families and young people who are being bullied. They run a Parent Advice Line and provide guidance and support for parents and carers of children facing bullying. The website contains a wealth of information for young people, parents and professionals <a href="http://www.KidScape.org.uk">www.KidScape.org.uk</a>. They can be contacted on <b>020 7730 3300</b> or <a href="mailto:info@KidScape.org.uk">info@KidScape.org.uk</a></p>
<b>Bereavement</b>	<p>There are a number of organisations who offer support for young people, and their families, who have experienced loss or bereavement.</p> <p><b>Simon Says</b> support young people in Hampshire with the loss of someone close to them. They work in practical and creative ways and offer a variety of resources including monthly age appropriate support groups, a telephone support line and advice. More information can be found on their website <a href="http://www.SimonSays.org.uk">www.SimonSays.org.uk</a> and they can be contacted on <a href="mailto:Info@SimonSays.org.uk">Info@SimonSays.org.uk</a> or on their helpline 02380 647 550</p> <p><b>Winstons Wish</b> provides face to face, telephone, email, 'live chat' and online advice and support to children and families who are experiencing bereavement to help manage their grief. More information can be found on their website <a href="http://www.WinstonsWish.org">www.WinstonsWish.org</a> and they can be contacted on 0808 802 0021</p> <p><b>Cruse</b> offer support and advice to children and adults when someone dies. This includes <b>Hope Again</b> which is the youth specific website created by Cruse. More information can be found on their website <a href="http://www.Cruse.org.uk">www.Cruse.org.uk</a> or you can talk to someone directly through their helpline 0808 808 1677.</p> <p>We also include a leaflet which details services which provide advice, information and support for bereaved children and young people across Hampshire.  <b>(cinicians will need to request this leaflet is included)</b></p>
<b>Family Support</b>	<p>From the information provided in the referral you may wish to consider support for you and your family:</p>

	<p>A referral can be made to the <b>Early Help Hub</b> through your child's school. The Early Help Hub provides support for the whole family and will discuss your concerns with you, offer advice and suggest the relevant support for you and your family. We have enclosed a leaflet for more information.</p> <p><b>Hampshire Young Carers Association</b> have a team of dedicated staff who can help young people who are caring family members with illness or disability. They provide an environment promoting wellbeing and recovery, ongoing support with community activities, an opportunity to meet other people and socialise. They also provide a counselling service. To contact Young Carers call 023 8090 2465 <a href="http://www.hyca.org.uk">www.hyca.org.uk</a>  <a href="http://www.youngcarer.com/sites/default/files/mental_illness_booklet_2011_2nd.pdf">http://www.youngcarer.com/sites/default/files/mental_illness_booklet_2011_2nd.pdf</a></p> <p>The <b>Children's Wellbeing Support Service</b> provides much needed early intervention and support for parents of children with Social, Emotional and Mental Health (SEMH) needs which can present in a similar way to Autism, Attention Deficit Disorder, Attachment Disorder, anxiety and poor emotional wellbeing. Referrals are made by health professionals through the Primary Behaviour Service.</p> <p><b>Relate</b> offers counselling services for every type of relationship. They provide advice to young people and their families on marriage, divorce and parenting. For more information ring 0300 1001234 or visit their webstie on <a href="http://www.relate.org.uk/">http://www.relate.org.uk/</a>. Please note this service is means tested.</p> <p><b>Home-Start UK</b> is a leading family support charity. They offer support and practical help to families and children facing challenges around mental and physical health, isolation, disability, post-natal depression, money problems and more. More information can be found on their website <a href="http://www.Home-Start.org.uk">www.Home-Start.org.uk</a></p> <p>NVR and parenting support Hampshire wide -  <a href="#">Non Violent Resistance   Youth options   Youth Work   Support   Services   Provision   Hampshire</a></p>
<b>Learning Disability</b>	<p>You may find it useful to look at our downloadable work book on the camhs website. The workbook gives information and practical strategies to supporting a young person who has a learning disability with their mental health. <a href="https://hampshirecamhs.nhs.uk/help/parents-carers/learning-disabilities/">https://hampshirecamhs.nhs.uk/help/parents-carers/learning-disabilities/</a></p>
<b>Domestic Abuse</b>	<p>The information in the referral indicates that your child may have been affected by domestic abuse.</p> <p><b>Yellow Door</b> provides support, advice and counselling to young people who have experienced domestic or sexual abuse. They offer a wide range of specialist therapeutic, supportive and preventative services around the issues of sexual abuse and violence: <a href="http://www.yellowdoor.org.uk">www.yellowdoor.org.uk</a></p>

	<p>The <b>Hampton Trust</b> work to prevent violence, domestic abuse and social isolation. They provide a variety of programmes and services for young people and families. More information can be found on their website <a href="http://www.HamptonTrust.org.uk">www.HamptonTrust.org.uk</a> or they can be contacted on 02380 009 898</p> <p>The <b>You Trust</b> provide a variety of programmes and services for young people and families. More information can be found on their website <a href="http://www.theyoutrust.org.uk/service/young-people/">www.theyoutrust.org.uk/service/young-people/</a></p>
<b>Sexual Abuse</b>	<p><b>Yellow Door</b> provides support, advice and counselling to young people who have experienced domestic or sexual abuse. They offer a wide range of specialist therapeutic, supportive and preventative services around the issues of sexual abuse and violence: <a href="http://www.yellowdoor.org.uk">www.yellowdoor.org.uk</a></p> <p><b>Frankie Workers</b> - A dedicated counselling service for victims of child sexual abuse. The Frankie Worker Service is available to Children 0-18 years and is a Basingstoke based charity specialising in counselling for young people and work closely with Hampshire County Council's Children's Services. Referral to the Frankie team is made via the Hampshire County Council's Willow Team.  <a href="https://www.hampshire-pcc.gov.uk/safer-together/supporting-victims/frankie-workers">https://www.hampshire-pcc.gov.uk/safer-together/supporting-victims/frankie-workers</a></p> <p><del><b>RASAC</b> - <a href="https://www.rasac.org.uk/">https://www.rasac.org.uk/</a> The Rape and Sexual Abuse Centre (RASAC) offers a confidential specialist counselling and support service for anyone who has experienced unwanted sexual abuse and / or sexual assault and has suffered sexual trauma. The service is specifically for people who live in Central and North Hampshire although the service can offer specialist private counselling outside this geographic area.</del></p> <p><b>START</b> - <a href="https://start-org.uk/">https://start-org.uk/</a> The new Sexual Trauma &amp; Abuse Restorative Therapies service, operating across Central, West and North Hampshire, bringing together the previous RASAC (Rape and Sexual Abuse Counselling Service) supporting Central, West and North Hampshire and BRASACC (Basingstoke Rape and Sexual Abuse Crisis Centre). START offers a confidential specialist counselling and support service for anyone who has experienced unwanted sexual abuse and / or sexual assault and has suffered sexual trauma.</p> <p><b>Parents/Carers</b>  <b>MOSAC</b> support (non-abusing) parents and carers of children who have been sexually abused. They provide advocacy, advice, training, support services and information for parents, carers and professionals dealing with child sexual abuse. More information can be found on their website <a href="http://www.Mosac.org.uk">www.Mosac.org.uk</a> or they can be contacted on <b>0800 980 1958</b></p>

<b>Gender</b>	<p><b>Breakout Youth</b> is an independent charity based in Hampshire and the Isle of Wight. They offer a confidential support service for young people aged 11 to 21, who are lesbian, gay, bisexual, transgender, questioning or unsure of their sexuality or gender identity, including youth clubs. More information can be found on their website: <a href="http://www.BreakOutYouth.org.uk">www.BreakOutYouth.org.uk</a></p> <p>You could also speak to your GP about a possible referral to the <b>Gender Identity Development Services (GIDS)</b>. Their website also offers advice and information about gender identity and the service that they offer; <a href="http://www.gids.nhs.uk/referrals">www.gids.nhs.uk/referrals</a>.</p>
<b>LGBTQ</b>	<p><b>Breakout Youth</b> is an independent charity based in Hampshire and the Isle of Wight. They offer a confidential support service for young people aged 11 to 21, who are lesbian, gay, bisexual, transgender, questioning or unsure of their sexuality or gender identity, including youth clubs. More information can be found on their website: <a href="http://www.BreakOutYouth.org.uk">www.BreakOutYouth.org.uk</a></p> <p><b>Mind Out</b> is a mental health charity working to improve the mental health and wellbeing of LGBTQ communities. They have Online Support Workers who provide support through instant messaging, which is available everyday including evenings and weekends. More information can be found on their website <a href="http://www.MindOut.org.uk">www.MindOut.org.uk</a> or they can be contacted on 01273 234 839 or <a href="mailto:info@MindOut.org.uk">info@MindOut.org.uk</a></p>
<b>Hearing Voices</b>	<p>The referral included information about your child hearing voices. The <b>Voice Collective</b> supports children and young people who hear voices, see visions or have unusual sensory experiences including support groups, creative art workshops and providing information. Voice Collective work with children, young people, families and professionals. More information can be found on their website <a href="http://www.VoiceCollective.co.uk">www.VoiceCollective.co.uk</a> or they can be contacted on 020 7911 0822 or <a href="mailto:info@voicecollective.co.uk">info@voicecollective.co.uk</a></p>
<b>OCD</b>	<p>From the information included in the referral we would recommend support from <b>OCD Action</b>. They offer information, advice and support through telephone, email and local groups. More information can be found on their website <a href="http://www.OCDAction.org.uk">www.OCDAction.org.uk</a> or they can be contacted on 08453 906232 or <a href="mailto:support@ocdaction.org.uk">support@ocdaction.org.uk</a></p> <ul style="list-style-type: none"> <li>• There are some books which you may find helpful. We recommend <b>‘The Kids' Guide to Staying Awesome and In Control’</b> by Lauren Brukner. This book is packed with simple ideas to regulate the emotions and senses and help children tackle difficult feelings head-on.</li> <li>• <b>‘What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD’</b> by Dawn Huebner. This book guides children and their parents through cognitive behavioural techniques used to treat OCD.</li> </ul>

	<p>For teenagers, we recommend:</p> <ul style="list-style-type: none"> <li>• <b>'Breaking Free of OCD'</b> by Derisley, Robinson and Turne</li> <li>• A workbook called <b>'Free from OCD'</b> by Timothy Sizemore. These are available online.</li> </ul>
<b>Sleep</b>	<p>We are sorry to hear that your child is struggling with <b>sleep</b>. Lots of young people find getting to sleep, staying asleep or waking up a real problem. The Hampshire CAMHS website <a href="http://www.HampshireCAMHS.nhs.uk">www.HampshireCAMHS.nhs.uk</a> has information about sleep and also recommends The Sleep Council website <a href="http://www.SleepCouncil.org.uk">www.SleepCouncil.org.uk</a> for practical information and advice.</p>
<b>School</b> (emotional or behavioural support at school)	<p>We recommend that you discuss your concerns with your child's school and ask if they can be referred to the schools <b>Emotional Literacy Support Assistant (ELSA)</b>.</p> <p>You may also wish to discuss a referral to the <b>Primary Behavioural Service</b>, a team of dedicated practitioners working in Hampshire primary schools to promote positive behaviour and emotional wellbeing.</p> <p>You may want to speak with a <b>School Nurse</b>. They offer confidential advice and support to children, young people and their parent or carers. More information can be found on this website <a href="http://www.SouthernHealth.nhs.uk/services/child-health-services/school-nursing/">www.SouthernHealth.nhs.uk/services/child-health-services/school-nursing/</a></p>
<b>School</b> (support for special educational need)	<p>We recommend that you discuss your concerns with your child's school and ask if they can be referred to the schools <b>Emotional Literacy Support Assistant (ELSA)</b>. You may also wish to discuss a referral to the <b>Primary Behavioural Service</b>, a team of dedicated practitioners working in Hampshire primary schools to promote positive behaviour and emotional wellbeing. Your child's school might also consider a referral to an <b>Educational Psychologist</b>, or if appropriate an <b>Education, Health and Care Plan (EHCP)</b>.</p> <p>You may want to speak with a <b>School Nurse</b>. They offer confidential advice and support to children, young people and their parent or carers. More information can be found on this website <a href="http://www.SouthernHealth.nhs.uk/services/child-health-services/school-nursing/">www.SouthernHealth.nhs.uk/services/child-health-services/school-nursing/</a></p> <p>We suggest that you contact <b>SENDIASS</b>, a free and confidential service offering impartial information, advice and support on issues relating to a child's or young person's special educational needs or disability. More information can be found on their website <a href="http://www.hampshiresendiass.co.uk">www.hampshiresendiass.co.uk</a> or they can be contacted on 0808 164 5504 or email <a href="mailto:info@hampshiresendiass.co.uk">info@hampshiresendiass.co.uk</a></p>
<b>Substance Misuse</b>	<p>For support around substance misuse we recommend <b>Hampshire 24/7 Substance Misuse Support</b>, through Catch 22, who offer individual, group and family support for children and young people affected by substance</p>

	<p>misuse. More information can be found on their website <a href="http://www.Catch-22.org.uk/services/hampshire-247-substance-misuse-support/">www.Catch-22.org.uk/services/hampshire-247-substance-misuse-support/</a> or they can be contacted on 0845 4599 405 or 247Hants@Catch-22.org.uk</p>
<p><b>Helplines and online support</b> (including urgent/crisis, particularly for referrals including risk)</p>	<p>There are a number of organisations who provide helplines and online support for children, young people and their parents or carers.</p> <ul style="list-style-type: none"> <li>• <a href="http://www.ChildLine.org.uk">www.ChildLine.org.uk</a> or they can be contacted on <b>0800 1111</b></li> <li>• <a href="http://www.YoungMinds.org.uk">www.YoungMinds.org.uk</a> or they can be contacted on <b>0808 802 5544</b></li> <li>• <a href="http://www.Samaritans.org">www.Samaritans.org</a> or they can be contacted on <b>116 123</b></li> <li>• You can call <b>NHS 111</b> if you or someone you know needs urgent care, including for mental health, but it's not life threatening. If you, or someone else, is in a life threatening situation call <b>999</b></li> <li>• If you are experiencing a mental health <b>crisis</b> and need support, you can <b>text</b> YM to 85258. We know that finding the right support is important, especially if you need someone to talk to right now. We aim to connect every texter to a trained volunteer promptly to provide <b>crisis</b> help.</li> </ul>
<p><b>Self-Harm</b></p>	<p>The charity <b>Harmless</b> have information on their website about self-harm, including a list of distraction techniques: <a href="http://www.Harmless.org.uk/ourResources/copingStrategies">www.Harmless.org.uk/ourResources/copingStrategies</a></p> <p>The NHS app calmharm.app can be downloaded to a mobile phone to provide safe alternatives to self-harm.</p> <p>We also include a self-harm leaflet which provides resources and information about services which support young people who self-harm. <b>(clinicians will need to request this leaflet is included)</b></p>
<p><b>16+ Improving Access to Psychological Therapies (IAPT)</b></p>	<p>You can make a self-referral to <b>iTalk</b> by using their on-line referral form. iTalk is a free service for people aged 16+ experiencing depression, anxiety, phobias, OCD and PTSD. They offer online, telephone, group and 1-to-1 support. More information can be found on their website <a href="http://www.iTalk.org.uk">www.iTalk.org.uk</a> or they can be contacted on 02380 383920</p>
<p><b>Threshold link</b></p>	<p>The criteria for Hampshire Specialist CAMHS can be found here: <a href="http://www.HampshireCAMHS.nhs.uk/SpecialistCamhsThresholds/">www.HampshireCAMHS.nhs.uk/SpecialistCamhsThresholds/</a></p>
<p><b>For professionals who have safeguarding concerns</b></p>	<p>If you have immediate concerns about the safety of a child you should contact the <b>Hampshire Children's Service Professionals</b> line on 0300 555 1381 or email <a href="mailto:CSProfessional@hants.gov.uk">CSProfessional@hants.gov.uk</a>. Alternatively, you can use an Inter-Agency Referral Form (IARF) to report concerns about the welfare of a child – the form can be found online here <a href="http://www.Hants.gov.uk/socialcareandhealth/childrenandfamilies/contacts">www.Hants.gov.uk/socialcareandhealth/childrenandfamilies/contacts</a></p>

<b>Paediatrics:</b> (Neurodevelopmental for under 5yrs)	Having considered XXX's age a referral should be made to the Paediatrician's team. We would suggest you speak to your child's GP to ask them to make a referral to the Paediatrician's team.
<b>Books</b>	<p><b>For Parents:</b></p> <ul style="list-style-type: none"> <li>• <b>“Smart Help for Good 'n' Angry Kids: Teaching Children to Manage Anger”</b> by Frank Jacobelli and Lynn Ann Watson. This book, designed for use by teachers with children aged 6 to 11, is equally useful for parents wanting to teach their children about anger and how to manage it.</li> <li>• <b>‘Everyday Parenting With Security and Love’</b> Kim Golding explores helping children to overcome reactions to trauma and attachment difficulties with realistic and pragmatic strategies</li> <li>• <b>‘The Kids Guide to staying awesome and in control’</b> Lauren Buckner is aimed at helping children to regulate their emotions and their senses</li> <li>• <b>‘Helping your Child with Fears and Worries: 2<sup>nd</sup> Edition’</b> By Cathy Creswell and Lucy Willets</li> </ul> <p><b>For Children and Young People:</b></p> <ul style="list-style-type: none"> <li>• <b>‘A Volcano in my Tummy: Helping Children to Handle Anger: A Resource Book for Parents, Caregivers and Teachers’</b> by Elaine Whitehouse and Warwick Pudney. A book for children aged 6 to 13 which aims to help them understand and deal constructively with their anger.</li> <li>• <b>‘The Bubble Gum Guy: How to Deal with How You Feel’</b> by Joost Drost. A book for children under 12 that has a range of exercise to teach anger management and self-control.</li> <li>• <b>‘What to do When Your Temper Flares: A Kid’s Guide to Overcoming Anger’</b> by Dawn Huebner guides children and their parents through the cognitive-behavioral techniques used to treat problems with anger.</li> <li>• <b>‘What to do When You Worry Too Much: A Kid’s Guide to Overcoming Anxiety’</b> by Dawn Huebner is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety</li> </ul> <p><b>Books about OCD:</b></p>

	<ul style="list-style-type: none"> <li>• <b>‘The Kids' Guide to Staying Awesome and In Control’</b> by Lauren Brukner. This book is packed with simple ideas to regulate the emotions and senses and help children tackle difficult feelings head-on.</li> <li>• <b>‘What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD’</b> by Dawn Huebner. This book guides children and their parents through cognitive-behavioural techniques used to treat OCD.</li> </ul> <p><b>Books about ADHD:</b></p> <ul style="list-style-type: none"> <li>• <b>‘Helping Hyperactive Kids: A Sensory Integration Approach – Techniques and Tips for Parents and Professionals’</b> by Lynn Horowitz and Cecile Rost. This book provides a complete overview and explanation of the therapy, as well as practical sensory integration based techniques that can be used by teachers and parents to help the hyperactive child.</li> <li>• <b>'Smart but scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential'</b> by Peg Dawson and Richard Guare. The book provides easy-to-follow steps to identify strengths and weaknesses within children between 4-13 years old, activities and techniques to boost executive functioning skills such as organization and inhibition skills, and problem-solve daily routines.</li> <li>• <b>'Smart but scattered teens: The "Executive Skills" Program for Helping teens Reach Their Potential'</b> by Peg Dawson and Richard Guare. This book provides a positive guide to promote teenager's independence by promoting their abilities to get organized, stay focused and control impulses and emotions.</li> </ul> <p><b>Books for ASC:</b></p> <ul style="list-style-type: none"> <li>• 'The Out-of-Sync Child' by Carol Stock Kranowitz. This book offers numerous ideas and strategies to help parents tackle children and young people sensory processing difficulties.</li> </ul>
<b>Additional Resources ASC</b>	<p><b>The Curly Hair Project</b> <a href="http://www.thegirlwiththecurlyhair">www.thegirlwiththecurlyhair</a></p> <p><b>Michael Barton</b> <a href="http://sites.google.com/view/michaelbarton">sites.google.com/view/michaelbarton</a></p> <p><b>My son’s not Rainman</b> <a href="http://www.mysonsnotrainman.com/the-blog">www.mysonsnotrainman.com/the-blog</a></p> <p><b>Dean Beadle</b> <a href="https://deanbeadle.wordpress.com">https://deanbeadle.wordpress.com</a></p>
<b>Additional Resources Family Support</b>	<p><b>CAFCASS</b> represents children in family court cases. They make sure that children's voices are heard and decisions are taken in their best interests. They are independent of the courts, social services, education and health authorities and all similar agencies. They can be contacted on 0300 456 4000 or <a href="mailto:TelephoneEnquiries@cafcss.gsi.gov.uk">TelephoneEnquiries@cafcss.gsi.gov.uk</a></p>

	<p>The <b>Separated Parents Information Programme</b> (SPIP) is a course designed to help parents become clear about what their children need most from them and learn the fundamental principles of how to manage conflict and difficulties between separated parents – including how to put this into practice.</p> <p><a href="https://www.cafcass.gov.uk/leaflets-resources/leaflets-for-adults.aspx">https://www.cafcass.gov.uk/leaflets-resources/leaflets-for-adults.aspx</a></p>
<b>Additional Resources – SEN Parenting Support</b>	<p><b>Hampshire Portage Service</b> is primarily a home visiting service for families with children who have additional needs, from birth to school age. Portage has a long and successful track record of supporting families of pre-school children with significant developmental delay or challenging behaviour. Portage home visitors are experienced early years practitioners who have a wealth of experience in understanding, recognising and developing the individual needs of children.</p> <p><b>SCARF</b> supports families living with children 0-19 with a range of disabilities &amp; special needs. More</p> <p>Telephone – 07874 221249 <a href="http://www.scarfnewforest.org/">www.scarfnewforest.org/</a></p>
<b>Additional online resources</b>	<ul style="list-style-type: none"> <li>• <a href="http://www.MoodGym.com.au">www.MoodGym.com.au</a> a self-help website to help you to learn and practice skills which can help to prevent and manage symptoms of depression and anxiety.</li> <li>• <a href="http://www.MoodJuice.scot.nhs.uk">www.MoodJuice.scot.nhs.uk</a> a website offering information and links to support for a number of difficulties including anxiety, depression and relationship difficulties</li> <li>• <a href="http://www.Youth.AnxietyCanada.com">www.Youth.AnxietyCanada.com</a> an interactive website for young people struggling with anxiety, gives information about anxiety and strategies for managing it.</li> </ul>
<b>Apps</b>	<p><b>MeeTwo</b> is an award winning, free and fully-moderated app for teenagers. It provides peer support, expert help, educational and creative resources and links to UK charities and helplines.</p> <p><b>SAM app</b> is designed to help you understand and manage anxiety. The app has been developed in collaboration with a research team from University of West England in Bristol.</p> <p><b>The Worry Box</b> is a cognitive-behavioral therapy app for people who experience anxiety and worry. It teaches you how to assess whether a worry you have is important or not, or something you can or cannot control.</p> <p><b>FearTools</b> is an evidence-based app designed to help you combat anxiety, aiding you on your road to recovery.</p>

	<p><b>Chill Panda</b> includes a stress monitor and features games, tasks and activities to help children learn how to deal with stress.</p> <p>There are many other apps you may wish to consider, for example:  <b>Stay Alive,</b>  <b>Headspace,</b>  <b>Worry Time,</b>  <b>What's up,</b>  <b>MindShift,</b>  <b>Memory Jar,</b>  <b>Stop Breath Think</b>  <b>Think Ninja</b></p>
<b>Tourettes action</b>	<p>The referral mentioned that your child has Tourettes or is experiencing tics. We would recommend <b>Tourettes Action</b>, a charity supporting people who have Tourettes or tics. Their website has information created specifically for young people to help them understand Tourettes and tics. They offer a resource library, book recommendations, support in school and ways to connect with others who have Tourettes or tics. More information can be found on their website <a href="http://www.Tourettes-Action.org.uk">www.Tourettes-Action.org.uk</a> or they can be contacted on 0300 777 8427</p>
<b>Suppected Eating disorders</b>	<p>BEAT</p> <p>Beat is the UK's leading charity supporting those affected by eating disorders and campaigning on their behalf. This website has help resources for young people and parents to access. BEAT also have a helpline which is open 365 days a year from 9am to midnight during the week, and 4pm to midnight on weekends/ bank holidays. Offer a supportive space for you to explore your feelings and thoughts around eating disorders. Provide information about eating disorders. When we do not have the information that someone is looking for, we might be able to give you some ideas about who might be able to help. Explore options for help with eating disorders and to enable you to come to your own decisions about what might be best for you. This might include NHS treatment, private therapy, support from charitable organisations, peer support or self-help.</p> <p>England <a href="tel:08088010677">0808 801 0677</a></p>
<b>Parenting courses info</b>	<p>Debbie the team lead at HSPSS has put together the below information for us. I hope this information comes in useful:</p> <p>As a service we are commissioned to deliver a range of evidence based parenting programmes to parents depending on what stage of the assessment pathway they are at. These include <b>pre-diagnosis</b> - Family Links Nurturing Programme and Talking Teens, <b>post diagnosis</b> - Cygnet for ASC and The Parent Factor for ADHD. We also delivery Who's in Charge as a follow on programme if</p>

we feel it is a relevant programme for the parent to attend. We are currently delivering all our programmes via a blended approach of eLearning/pre-reading and a weekly Zoom discussion group, and I have put some information at the end of this email that explains how the blended approach works for a parent.

Prior to a diagnosis being received we would offer the parent/carer a place on our Family Links Nurturing Programme or Talking Teens depending on the age of the child/young person. As part of the assessment pathway these programmes give parents/carers an opportunity to discuss their child's behaviours with a group of parents in a similar position, which helps them to feel less alone and we encourage groups to continue peer support through a closed Facebook group or WhatsApp group.

**Family Links Nurturing Programme: The Parenting Puzzle** – A 10 week Nurturing Programme offers positive and practical advice for families with children aged 5 – 12 years old. The programme is based on four building blocks: Self awareness and self-esteem, Appropriate Expectations. Empathy and Positive Discipline. This programme is a great foundation to those parents whose children do go on to get a diagnosis of ASC or ADHD. Parents are sent a Family Links parenting puzzle book that works alongside the discussion group.

Week 1 – Building Blocks: The Four Constructs, Giving Praise

Week 2 – The Question of Discipline, Time to Calm Down

Week 3 – Parenting Styles and Family Rules

Week 4 – Personal Power and Self-esteem, Choices and Consequences

Week 5 – Feelings...and what we do with them, communication clearly: 'I' Statements

Week 6 – Kinds of Touch, Nurturing ourselves

Week 7 - Ages and Stages in children's development, Helping children to grow up

Week 8 – Keeping children safe

Week 9 – Behaviour to ignore, problem solving and negotiating

Week 10 – Continuing the family journey

Here are some comments from parents who have already completed the Family Links Programme with HSPSS...

*The programme was very organised and easy to follow, everyone was really friendly and approachable, the discussions were great and felt i could talk in a safe space openly. Online zoom discussions were more convenient.*

*What worked well for you? - Honestly, all of it. We tried everything that was suggested. But the i statements works well, and the praise with the boys works well, they accept it well. This course has been brilliant. Without it I think we could be going on a completely different journey. I have changed the way I parent and for the better. Thank you!!*

**Family Links: Talking Teens** - A 5 week programme helping parents/carers to improve relationships with their teenagers by: developing understanding of brain development during puberty, developing more effective communication with your teenager, promoting positive approaches to boundary setting and problem solving, opportunities to share experiences with others.

Here are some comments from parents who have already completed the Talking Teens Programme with HSPSS...

*Firstly thank you for the approachable and encouraging way that you run your Talking Teens programme. It was very much appreciated especially by me who had never done an on line course before. As I stated at the beginning of the course I so wish I had access to your support and expertise a couple of years ago when I really would have found the course so much more beneficial, but even so it has been really interesting to learn the background to our behaviours as parents and the behaviours of our teenagers. I really appreciated the friendly approachable hosts, they were never there to criticise parents but there to offer their open support and expertise. Thank you.*

*Thank you very much for guiding us through the talking teens course over the last few weeks. And thank you for sending me the links relevant to OCD. The course was very well facilitated considering we are all new to online learning. It was very helpful to have the opportunity to discuss my concerns, and I finished the course feeling that other people are going through similar experiences and I'm doing the right thing for my daughter, as best as I can! Thank you.*

Here is a link to the family links website [Family Links | Emotional Health Training](#)

**Parents/carers can access the programmes below once their child has received a diagnosis:**

**Cygnnet for ASC programme** – A 9 week programme which supports parents/carers of children diagnosed with an Autistic Spectrum Condition

Session 1 – Introductions and Quiz

Session 2 – Overview of Autism

Session 3 – Sensory needs

Session 4 – Communication

Session 5 – Understanding Behaviour

Session 6 – Supporting Behaviour

Session 7 – Parents' Choice (including additional information on Puberty, Sexual Wellbeing and Relationships)

Session 8 – Siblings 1

Session 9 – Siblings 2

Here are some comments from parents who have already completed the Cygnnet Core Online Programme with HSPSS...

*The home learning each week was brilliant so we could fully involve ourselves with the group discussion and it was great to hear other people's tips and ideas. I really liked all the extra signposting to books or websites to get further information given in the follow up emails. I think this is an amazing service and feel grateful I was able to take part!*

*The service was well implemented and incredibly helpful throughout. The facilitators were very supportive and knowledgeable in all areas. They were fantastic to work with over the past 6 weeks.*

*Every session has been extremely helpful and each week I have learnt something that tells me why my son does the things he does. Many WOW moments.*

**The Parent Factor in ADHD** – A 9-week programme to support parents/carers of children diagnosed with ADHD to learn more about ADHD, Identify positive parenting strategies. Develop skills to support your child's emotional well-being, access support and advice from trained group facilitators and other parents as well as signposting to local agencies.

Week 1: Introduction to The Parent Factor in ADHD: Getting to know each other and an opportunity for parents to tell their story.

Week 2: Aim - To give parents relevant and understandable information about ADHD and how it can be treated. (Including information about available medication).

Week 3: Aim - To get parents to think about the tasks involved in being a parent and then about the extra tasks there are if children are diagnosed as having ADHD. To look at different parenting styles and to think about which style we predominantly use and whether this is always the best way.

Week 4: Aim – To demonstrate to parents the importance of good communication, both talking and listening. To help parents think about the different ways people get attention.

Week 5: Aim - To demonstrate to parents the impact self-esteem can have on behaviour and how we can raise a young person's self-esteem. Strategy – spending time with your child

Week 6: Aim- To look at emotional behaviour and how we can support our children to regulate their emotions. Strategy – consequences

Week 7: Aim – To give parents relevant and understandable information about the education system and their rights within it. Sleep hygiene, social stories and sensory issues.

Week 8: Aim - Supporting your growing child – To look at relationships, relationships with siblings, adolescence and puberty. How we can support our child as they grow and develop.

Here are some comments from parents who have recently completed Parent Factor in ADHD groups with HSPSS...

*"Much better understanding of ADHD, helpful reading and visual information, have been able to have a beneficial chat with my child about his difficulties and understanding of the 'label'. A really enjoyable and helpful group particularly benefited watching the ADHD simulator which I have shared with many."*

*"We have taken what we have learned and used it in our home with great success; our child is much calmer as are we. All the course leaders have been brilliant, thank you."*

*"It was very interesting and enjoyable as well as being emotional at times. I feel much more positive about the future and accepting that we will have to make our own way as a family. Not to worry that we may do it differently to the norm."*

### **Delivery using the blended approach of eLearning/Pre reading and Zoom discussions**

All parents that have accepted a place on a programme receive a 10 minute one-to-one introductory meeting prior to the start of the programme that provides the opportunity to meet the group facilitators via Zoom and discuss any individual needs. It also enables us to iron out any issues with technology, and make sure parents are fully able to engage in the digital learning.

After the introductory meeting the programme is weekly, and each session will consist of:

1. **E-Learning/Pre reading** – An email is sent to the parent several days before their session time with a link, enabling them to access that week's programme content. The e-learning will include reading, activities to try and videos to watch, we recommend that parents set aside about 1.5 hours for the e-learning and to have completed this before they attend the online Zoom group discussion.
2. **Online group discussion** – Parents will be part of a group on Zoom with about 7 other parents/carers who have children that have similar diagnosis. The facilitator will guide parents through focussed discussion related to the e-learning content for that week.
3. **Post-session reflective feedback** – immediately after the online group session ends, we send the parent a few short questions, encouraging them to reflect on the programme content and highlight any concerns or questions they might have.
4. **Session recap email** – after the session, we send an email recapping the course content and containing useful links to information and resources to support parents learning.

	<p>Our staff are experienced in all of our parenting programmes and can offer further individual support to the parent/carer if necessary. We also complete a participation record for each parent on completion which summarises their progress through the programme, provides individual signposting and general signposting. The parent keeps a copy, and a copy is also sent to the child's GP.</p> <p>We are always happy to discuss an individual parents' situation our email address is <a href="mailto:hampshire.parenting@barnardos.org.uk">hampshire.parenting@barnardos.org.uk</a> and a facilitator will make contact with you.</p>
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