

# FAMILY SUPPORT SIGNPOSTING

## Support services for further advise and guidance

### Children's Mental Health

Hampshire Youth Access (HYA)  
<https://hampshireyouthaccess.org.uk>

Anxiety UK [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Young Minds - parent helpline  
0808 802 5544 /  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

CAMHS website -  
[www.hampshirecamhs.nhs.uk/help/young-people](http://www.hampshirecamhs.nhs.uk/help/young-people)  
(Lots of really useful tips / hints / advise)

### Perfectionists

Big Life Journal -  
a blog with a wide range of accessible  
resources and information

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

Mindfulmazing-  
Articles, resources and advise to use at  
home with your family.

[www.mindfulmazing.com](http://www.mindfulmazing.com)

A couple of books:

- The Girl Who Never Made Mistakes
- The Boy, The Mole, The Fox and The Horse
- Beautiful Oops

### Anxiety

EP Service Telephone support line -  
Tuesday and Thursday mornings (01962  
876 239)

[www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk) - links to  
anxiety information/ podcasts/ apps/  
workbooks for children, young people,  
parents / carers & professionals.

Book available on Amazon:  
"Starving the Anxiety Gremlin"

Primary Wellbeing Service:  
A service which provides support for  
children with Social, Emotional and  
Mental Health and behavioural needs.  
Contact Inclusion Lead or Family  
Support in school for further  
information.

Hampshire Services:  
Emotionally Based School Avoidance  
<https://documents.hants.gov.uk/children-s-services/EBSA-good-practice-guidance>

### Parental Mental Health Support

italk - [www.italk.org.uk](http://www.italk.org.uk)

Solent Mind - Lots of services and info  
on website.

Eastleigh Wellbeing Service  
<https://www.solentmind.org.uk/wp-content/uploads/Eastleigh-Winchester-Info-Sheet-2018-final-002.p>

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### Separated Families

Family Lives -  
helpline 0808 800 2222 /  
[www.familylives.org.uk](http://www.familylives.org.uk)

Gingerbread -  
[www.gingerbread.org.uk](http://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>

### Managing Challenging Behaviour

Family Lives -  
helpline 0808 8002222  
<https://www.familylives.org.uk/advice/primary/behaviour/challenging-behaviour>

Short video with slides around Positive Parenting (this was originally recorded for Botley Families),  
<https://www.loom.com/share/7901c9408cdd424fbaf3de8bd48fe6db>

Family Links website - useful resources and parent tips:  
<https://www.familylinks.org.uk/resources-for-parents>

### Health Support

Eastleigh School Nursing Team  
02380475844  
[www.southernhealth.nhs.uk](http://www.southernhealth.nhs.uk)

### Bowel / Bladder issues

ERIC - The Children's Bowel and Bladder Charity  
<https://www.eric.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://www.camhsnorthderbyshire.nhs.uk/sleep-hygiene>

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### Bereavement

Simon Says -  
02380 647550  
[www.simonsays.org.uk/support-and-help/support-groups/](http://www.simonsays.org.uk/support-and-help/support-groups/)

Winstons Wish -  
[www.winstonswish.org](http://www.winstonswish.org)

Child Bereavement UK-  
<http://www.childbereavement.org.uk/>

#### Books:

- Badger's Parting Gifts
- The Invisible String
- The Memory Tree

### Food Support

Hedge End Food Centre

Kings Community Church, Hedge End  
Mondays and Thursdays 10am – 1pm  
Contact them by calling or texting  
07543 925959,  
sending a message via their Facebook  
page or dropping in during  
their opening hours.

Eastleigh Basics Bank

<https://eastleighbasicsbank.co.uk/>

### SEN Support

Hampshire Local Offer -  
<https://fish.hants.gov.uk/kb5/hampshire/directory/localoffer.page>

Autism Hampshire -  
<http://www.autismhampshire.org.uk/>

SOSSEN - <https://www.sossen.org.uk/>

### Anger

Books-

"The Red Beast" - book available on  
Amazon

"A Volcano in My Tummy" - book available  
on Amazon

Lemon Lime Adventures-  
Free resources and articles  
<https://lemonlimeadventures.com/best-parenting-tips-parenting-an-angry-child/>

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