

# Main services available in Portsmouth for children and young people with emotional or mental health needs (up to 25 years of age)

HOW IS YOUR CHILD'S BEHAVIOUR WORRYING YOU?	WHEN TO BE CONCERNED	WHERE TO GET ADVICE AND HOW TO ACCESS SUPPORT																											
<ul style="list-style-type: none"> <li>Self-esteem issues.</li> <li>Difficult family relationships.</li> <li>Bullying and difficult relationships at school.</li> <li>Life transitions (divorce, moving home, moving school).</li> <li>School work issues and poor behaviour.</li> <li>Anger management.</li> <li>Self-harm (surface cuts, head banging, occasional without intention to seriously harm oneself).</li> <li>Anxiety/Low Mood (low level, relating to a recent event, i.e. response to bereavement, divorce, changing schools).</li> </ul> <p style="text-align: center;"><b>This is not an exhaustive list</b></p>	<p style="text-align: center;"><b>MILD</b></p> <p style="text-align: center;">Your child struggles to cope with changes in relationships and life events</p>	<p><u>Up to 11 years of age</u> Contact your child's school in the first instance - if you require further support contact your GP. Both school staff and GPs can refer directly into the Child and Adolescent Mental Health Service.</p> <p><u>11-25 years of age</u> <b>U Matter</b> Informal early support, counselling and peer mentoring - <b>02392 827026</b></p> <table border="1" data-bbox="1656 352 2712 457"> <tr> <td>Monday-Thursday</td> <td>08.00-22.00</td> <td><b>HOW TO ACCESS SUPPORT</b></td> </tr> <tr> <td>Friday</td> <td>08.00-18.00</td> <td>Young people/parents can refer directly into this service.</td> </tr> <tr> <td>Saturday</td> <td>09.00-17.00</td> <td></td> </tr> </table> <p><b>Drop In</b> at 58d High Street, Cosham</p> <table border="1" data-bbox="1656 491 2712 596"> <tr> <td>Monday-Thursday</td> <td>09.30-21.00</td> <td><b>HOW TO ACCESS SUPPORT</b></td> </tr> <tr> <td>Friday</td> <td>09.30-14.30</td> <td>Young people can access the Drop In directly.</td> </tr> <tr> <td>Saturday</td> <td>09.00-13.30</td> <td></td> </tr> </table> <p>Email address: <a href="mailto:relate@relateportsmouth.org.uk">relate@relateportsmouth.org.uk</a> Web-form: <a href="http://www.relate.org.uk/portsmouth-district/self-or-parent-referral">http://www.relate.org.uk/portsmouth-district/self-or-parent-referral</a></p>	Monday-Thursday	08.00-22.00	<b>HOW TO ACCESS SUPPORT</b>	Friday	08.00-18.00	Young people/parents can refer directly into this service.	Saturday	09.00-17.00		Monday-Thursday	09.30-21.00	<b>HOW TO ACCESS SUPPORT</b>	Friday	09.30-14.30	Young people can access the Drop In directly.	Saturday	09.00-13.30										
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<ul style="list-style-type: none"> <li>Self-harm (regular surface cuts) and suicidal thoughts without intention to seriously harm.</li> <li>Anxiety/Low Mood (frequent and increased impact on some areas of life, e.g. occasionally struggles to leave house or attend school).</li> </ul> <p style="text-align: center;"><b>This is not an exhaustive list</b></p>	<p style="text-align: center;"><b>MODERATE</b></p> <p style="text-align: center;">This behaviour happens sometimes and can sometimes effect your child's daily life</p>	<p><u>Up to 18 years of age</u> <b>If known to Child and Adolescent Mental Health Service</b> Evidence-based treatment for mental health disorders, which can include medication and talking therapies on a 1-2-1, group or family basis – <b>Single Point of Access 0300 1236632</b></p> <table border="1" data-bbox="1656 806 2712 869"> <tr> <td>Monday-Friday</td> <td>09.00-17.00</td> <td><b>HOW TO ACCESS SUPPORT</b></td> </tr> <tr> <td></td> <td></td> <td>Young people can contact their case-holder directly.</td> </tr> </table> <p><b>If not known to Children and Adolescent Mental Health Service</b></p> <table border="1" data-bbox="1656 911 2712 974"> <tr> <td>Monday-Friday</td> <td>09.00-17.00</td> <td><b>HOW TO ACCESS SUPPORT</b></td> </tr> <tr> <td></td> <td></td> <td>Access to this service is via your child's school or GP.</td> </tr> </table> <p><u>18 years of age and above</u> <b>Adult Mental Health Service</b> Information resource and treatment provided to adults of working age with severe and enduring mental health problems in the community and in hospital if required.</p> <table border="1" data-bbox="1656 1121 2712 1184"> <tr> <td>Monday-Friday</td> <td>09.00-17.00</td> <td><b>HOW TO ACCESS SUPPORT</b></td> </tr> <tr> <td></td> <td></td> <td>Young people can access this service via their GP.</td> </tr> </table> <p><u>16 years of age and above - MINIMAL RISK ONLY (i.e. young people who are able to keep themselves safe for up to two weeks whilst waiting for treatment)</u> <b>Talking Change</b> A range of therapies and treatments for those dealing with common mental health difficulties in a 1-2-1 or group setting - <b>02392 892920</b></p> <table border="1" data-bbox="1656 1373 2712 1478"> <tr> <td>Monday-Thursday</td> <td>08.00-20.00</td> <td><b>HOW TO ACCESS SUPPORT</b></td> </tr> <tr> <td>Friday</td> <td>08.00-17.00</td> <td>Young people can refer directly into this service.</td> </tr> <tr> <td>Saturday</td> <td>09.00-13.00</td> <td></td> </tr> </table> <p><b>PLEASE NOTE:</b> In all circumstances if you require help and support outside of the hours services are available please contact the GP Out of Hours Service via your GP.</p>	Monday-Friday	09.00-17.00	<b>HOW TO ACCESS SUPPORT</b>			Young people can contact their case-holder directly.	Monday-Friday	09.00-17.00	<b>HOW TO ACCESS SUPPORT</b>			Access to this service is via your child's school or GP.	Monday-Friday	09.00-17.00	<b>HOW TO ACCESS SUPPORT</b>			Young people can access this service via their GP.	Monday-Thursday	08.00-20.00	<b>HOW TO ACCESS SUPPORT</b>	Friday	08.00-17.00	Young people can refer directly into this service.	Saturday	09.00-13.00	
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<ul style="list-style-type: none"> <li>Post-traumatic Stress Disorder/Obsessive Compulsive Disorders.</li> <li>Eating Disorders/Psychosis/Suicidal ideas with intent.</li> <li>Self-harm (deep cuts requiring immediate medical attention, burning, attempted suicide).</li> <li>Anxiety (high anxiety affecting daily functioning, i.e. unable to leave the house or attend school).</li> <li>Depression.</li> </ul> <p style="text-align: center;"><b>This is not an exhaustive list</b></p>	<p style="text-align: center;"><b>SEVERE</b></p> <p style="text-align: center;">This behaviour happens frequently and effect's your child most days preventing them having the ability to carry out their normal activities</p>	<p><b>IN A MEDICAL EMERGENCY CALL 999</b> <u>Up to 18 years of age</u> <b>Please refer to the information above for this age group regarding where to get advice and how to access the support available.</b> <u>18 years of age and above</u> <b>If known to Mental Health Services (Crisis Resolution Home Treatment Service)</b> Intensive crisis care package for short term support - <b>02392 682520</b></p> <table border="1" data-bbox="1656 1793 2712 1856"> <tr> <td>Sunday-Saturday</td> <td>24 Hours a Day</td> <td><b>HOW TO ACCESS SUPPORT</b></td> </tr> <tr> <td></td> <td></td> <td>Young people can refer directly into this service.</td> </tr> </table> <p><b>If not known to Mental Health Services</b></p> <table border="1" data-bbox="1656 1898 2712 1961"> <tr> <td>Sunday-Saturday</td> <td>24 Hours a Day</td> <td><b>HOW TO ACCESS SUPPORT</b></td> </tr> <tr> <td></td> <td></td> <td>Young people can access this service via their GP.</td> </tr> </table>	Sunday-Saturday	24 Hours a Day	<b>HOW TO ACCESS SUPPORT</b>			Young people can refer directly into this service.	Sunday-Saturday	24 Hours a Day	<b>HOW TO ACCESS SUPPORT</b>			Young people can access this service via their GP.															
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<ul style="list-style-type: none"> <li>Acute emotional distress with high risk to self and others e.g. young person is verbalising a suicidal plan/or actions to harm themselves or others and the family or network around the young person is not able to contain or manage the issue without urgent intervention.</li> </ul> <p style="text-align: center;"><b>This is not an exhaustive list</b></p>	<p style="text-align: center;"><b>CRISIS</b></p> <p style="text-align: center;">An extreme event that could mean a risk to your child's life or others</p>	<p><b>IN A MEDICAL EMERGENCY CALL 999</b> <u>Up to 18 years of age</u> <b>Please refer to the information above for this age group regarding where to get advice and how to access the support available.</b> <u>18 years of age and above</u> <b>If known to Mental Health Services (Crisis Resolution Home Treatment Service)</b> Intensive crisis care package for short term support - <b>02392 682520</b></p> <table border="1" data-bbox="1656 1793 2712 1856"> <tr> <td>Sunday-Saturday</td> <td>24 Hours a Day</td> <td><b>HOW TO ACCESS SUPPORT</b></td> </tr> <tr> <td></td> <td></td> <td>Young people can refer directly into this service.</td> </tr> </table> <p><b>If not known to Mental Health Services</b></p> <table border="1" data-bbox="1656 1898 2712 1961"> <tr> <td>Sunday-Saturday</td> <td>24 Hours a Day</td> <td><b>HOW TO ACCESS SUPPORT</b></td> </tr> <tr> <td></td> <td></td> <td>Young people can access this service via their GP.</td> </tr> </table>	Sunday-Saturday	24 Hours a Day	<b>HOW TO ACCESS SUPPORT</b>			Young people can refer directly into this service.	Sunday-Saturday	24 Hours a Day	<b>HOW TO ACCESS SUPPORT</b>			Young people can access this service via their GP.															
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**Please Note: This document is only intended as a guide it does not include all support available**