

Try to map out your own support network

Who I have at home...

Who I have at school/
college...

Things which help me day
to day...

Things which help me in a
crisis...

A rough guide to finding the right mental health service for you (under 18s)

*This is a guide to the main professional services in Portsmouth,
you may also want to speak to a person or people who you know
and trust about this guide or your wellbeing*

Produced by Future in Mind young persons group. To find out more about
how to get involved with shaping mental health services call or text
07905682886 or email dynamiteportsmouth@gmail.com

I would like to find support to feel better

I am going through a difficult time which is making me feel worried, angry or otherwise unhappy

I am experiencing **ongoing** worries or low mood which are impacting on my daily life

Under 11

Over 11

School/College

You can talk to any of the staff at your school/college. Every school/college has staff who specialise in emotional wellbeing, they might be called a SENCO, ELSA or Counsellor

UMatter **What?**

Informal, early support, counselling and peer mentoring for young people experiencing worry, or going through a difficult time (big life event, bullying or difficult family relationships).

How to access?

- Call 02392827026 Mon-Thu 8am to 10pm, Fri 8am to 6pm, Sat 9am to 5pm.
- Drop in to 58d High Street Cosham Mon-Thu 9:30am to 9pm, Fri 9:30am to 2:30pm, Sat 9am to 1:30pm.
- Fill in a web form @ www.relate.org.uk/portsmouth/contact-us
- email relate@relateportsmouth.org.uk

I am in a crisis where my mental health might cause a risk to myself or others

9am to 5pm Monday to Friday

Evenings, nights and weekends

CAMHS **What?**

- Crisis support.
- Ongoing treatment using a range of therapies including group, family or 1 to 1 sessions.

How to access?

For Crisis support call your GP for an emergency appointment. For any other support, you can be referred to CAMHS by any professional (for example a GP, teacher, social worker or health worker)

Under 16 or over 16 and not known to CAMHS or AMHS

Over 16 and known to CAMHS or AMHS

CRHT **What?**

Crisis support for adults already known to mental health services.

How to access?
Call 02392682520

Out of Hours GPs **What?**

Can refer to crisis services.

How to access?

Call your Local GP to be put through to an out of hours GP.

In a medical emergency where someone is physically hurt call 999