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

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

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

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

Under 11
Over11

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)

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.

CRHT
What?
Crisis support for adults already known to mental health services.

How to access?

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

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

Over 16 and known to CAMHS or AMHS

In a medical emergency where someone is physically hurt call 999