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

Try to map out your own support network

*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*

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...

I am experiencing

**ongoing**

worries or

low mood which are impacting on

my daily life

**I would like to find support to feel better**

**Kooth.com**

provides a digital emotional

health and wellbeing service for young people

from age 11

-

18

 (Up to age 25 for care leavers

and those with EHCP). Young people can ac-

cess self

-

help resources, moderated peer sup-

port and professional support from counsellors

**How to access?**

Young people can self

-

refer/register on

Kooth.com, no referral required, site available

24

/7, counselling available 12noon

-

10

pm Mon

-

Fri and 6pm

-

10

pm weekends 365 days per year

**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.

Over11

I am going through a difficult time

which is making me feel worried,

angry or otherwise unhappy

am to 5pm Monday to Friday

9

**I am in a crisis where my mental health might cause a**

**risk to myself of others**

**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?**

Call 02392682520

Under 16 or over

 and not known

16

to CAMHS or

AMHS

Over 16 and

known to CAMHS

or AMHS

**In a medical emergency**

**where someone is physically**

**hurt call 999**

Evenings, nights and weekends