

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*

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

Over11

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.

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 access self-help resources, moderated peer support 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-10pm Mon-Fri and 6pm-10pm weekends 365 days per year

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