

# Mental Health Resources

## Young people

### ChatHealth

Text 07507 332 160  
For ages 11-19  
Confidential text messaging service

### 121 Counselling

For ages 11-25

### Young Minds

For ages under 18  
Crisis management support.

### Stay Alive App

Provides support to teenagers around suicide prevention.

### CalmHarm

Aims to help prevent self-harm amongst teenagers by providing activities to do in place.

### DistrACT app

Helps with understanding distraction techniques to prevent self-harm

## Parents

### MindEd

Information and resource for parents/carers of people with mental health issues

### Happy Maps

Huge list of resources for children of all ages

### Counselling Directory

For parents whose children want to start attending counselling and need to find help.

### Young Minds

### ChatHealth

Text 07507 332 160  
For parents of children and young people in Hampshire aged 5-19.

## General

### Headspace

Meditation / Mindfulness

### My Possible Self

Low self-confidence / Low resilience

### SilverCloud

Helpful for most mental health issues

### Sleepio

Sleep disturbance support.  
Free to patients in the North Hampshire area

### Phone line/text support

Samaritans 116123  
Childline 08001111  
Crisis messenger Text SHOUT to 85258

For more information, please visit Clift Surgery website  
[www.cliftsurgery.co.uk](http://www.cliftsurgery.co.uk)