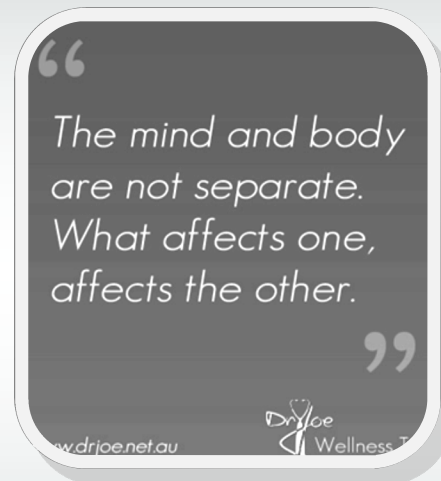


USEFUL CONTACTS

Name	Telephone number
Consultant
Nurse
Kennett	07787141812
Phone Number
Appointment dates



Paula Wright CIC Nurse 2019



BE STRONG ENOUGH
TO STAND ALONE,
SMART ENOUGH TO
KNOW WHEN YOU
NEED HELP, AND
BRAVE ENOUGH TO
ASK FOR IT.

IT'S OKAY
NOT TO
BE OKAY.

Counselling and support

Specialist Sexual Abuse support

START Sexual Trauma& Abuse Restorative Therapies (North Hampshire)

<https://www.start.org.uk>

Advice & Support Line 01962 868688 or 864433 Anonymous SMS Text helpline 07860 027793

Yellow Door

Counselling 11-18

and family therapy for younger children

<https://www.yellowdoor.org.uk/>

023 8063 6312

PARCS

Specialist counselling from 5 years for

Portsmouth area

<https://www.parcs.org.uk/> **023 9266 9513**

CIS'ters Surviving Rape and sexual abuse

Cisters.org.uk **023 8033 8080**

Emotional Health

HYA Hampshire Youth Access

Counselling services in Hampshire for young people

<https://hampshireyouthaccess.org.uk/>

YPI

Young people and family counselling service Basingstoke 11-25 yrs

<http://www.ypicounselling.co.uk/>

01256 423878

Young Minds, covers topics such as Bullying anger, stress, sexual abuse, self-harm

<http://www.youngminds.org.uk/>

Stress/anxiety

<https://www.anxietyuk.org.uk/>

03444 775 774 or 07537 416905

Child Line

0800 1111

<https://www.childline.org.uk>

Samaritans

Call 116 123 (this number is free to call)

<https://www.samaritans.org/>

MEN CAP

Learning disability helpline

<https://www.mencap.org.uk>

phone **0808 808 1111**

Miscellaneous

LGBT

Break out youth **02380 224 224**

confidential support service for young people aged 11 to 21,

<http://www.breakoutyouth.org.uk/>

Sexual health

Find your nearest young persons clinic

<http://www.letstalkaboutit.nhs.uk/>

0300 300 2016

Internet safety

<http://www.saferinternet.org.uk/advice-and-resources>

<https://www.ceop.police.uk/safety-centre>

Quit Smoking

<http://www.quit4life.nhs.uk/>

Drinks drugs advice

Talk to Frank **03001236600**

Catch 22—Youth Employment

<http://www.catch-22.org.uk/>

ERIC

Information and support on bedwetting , daytime wetting constipation and soiling

<https://www.eric.org.uk/>

Tele: **0808 169 9949**