

Mental Help support available for families in Southampton

No Limits



02380224224

enquiries@nolimitshelp.org.uk

CAMHS (Child and Adolescent Mental Health)



Duty Line -02381030061

Young Southampton

Southampton's children and young people's trust

If you are worried about the safety and well-being of a child, you can contact us in confidence on:

023 8083 3336

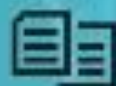
Lines open from 8.30am - 5pm on Monday to Thursday, and 8.30am - 4.30pm on Friday.

Free, safe and anonymous online counselling and support

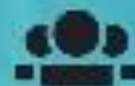
"I don't think I could've spoken
to someone face-to-face."



Chat to our
friendly counsellors



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by young people



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moderated forums

kooth

www.kooth.com



Solent PULSE

*Solent Pulse is a text messaging service where **Parents, Carers and Young People** can text in confidence for help from a qualified nurse. The service is currently running in **Health Visiting and School Nursing**.*

For young people, if you would like advice about health, drugs, sex, emotions, relationships, bullying, alcohol, smoking, self-harm or something else - please text the number below for either Southampton or Portsmouth depending on where you live.

07491 163 278 - Southampton School Nurse Service

07491 163 276 - Portsmouth School Nurse Service

For Parents & Carers, if you would like advice about your child relating to health or problems which they may be having - please text the number below for either Southampton or Portsmouth depending on where you live.

07491 163 277 - Southampton Health Visitor Service

07491 163 275 - Portsmouth Health Visitor Service

*Some note: Text text messages will be charged at the local network rate. They are anonymous unless you give us all your details.

*The qualified nurse will not pass on anything you say to anyone else - except in extreme circumstances such as if the health and safety of you or someone else is at risk. If we did have to tell someone, we would let you know first. For our safety and yours, we hold all information for at least 6 months.