



Support to help Young People with their Mental Wellbeing during the summer holidays

Guidance, tools, and tips

For **tips on supporting young people's mental wellbeing** with local offers click [here](#)

For a young person experiencing **self-harm or suicidal thoughts** click [here](#) and [here](#)

For **support for parents** click [here](#) and [here](#)

For specific **support for autistic individuals** click [here](#) and [here](#)

For a great **app to support young people's** mental wellbeing click [here](#)

Support services

For **local crisis support lines and in-person safe havens** click [here](#)

There is a **dedicated 24/7 telephone support line** for young people offered by Papyrus. Find out more [here](#)

Local **24/7 text service** is available [here](#)
[Project Iris](#) is a **structured 6-week course, using green therapies** to provide whole-person mental health support in a safe, judgement-free environment.

A local service that can support with **loss and bereavement** can be found [here](#)

For a local **suicide related bereavement** service click [here](#)

To chat to a **trained local nurse** click [here](#)

For a **helpline specifically for parents** supporting young people click [here](#)

Winchester has a free [wellbeing drop-in centre](#) with the opportunity to talk to fully trained counsellors.

Events (in person)

Information and advice sessions from CAMHS: [Events – CAMHS](#)

Embrace autism and ADHD: [Events – CAMHS](#)

Local online and in person events: [Local Support Groups and Events for Parents/Carers » Winchester](#)

