



Hampshire Child and Adolescent
Mental Health Services

SAFE CARD

(suicide awareness for everyone)

The Samaritans

Call: 116 123

E: Jo@samaritans.org
24 hours, 7 days a week

Hope LineUK

Call: 0800 068 41 41

10am-5pm & 7pm-10pm (Mon-Fri)
2pm-5pm (Sat-Sun)

Young Minds Parents Helpline

Call: 0808 802 55 44

E: parents@youngminds.org.uk
9:30am-4pm (Mon-Fri)



USEFUL SELF HELP APPS



StayingAlive



InHand



MemoryStar



WellMind



What's UP

USEFUL SELF HELP WEBSITES



Service provided by
Sussex Partnership
NHS Foundation Trust

hampshirecamhs.nhs.uk
thecalmzone.org.uk
harmless.org.uk
papyrus-uk.org

