Y Services is closed between Monday 19 December and Tuesday 3 January

With the exception of the HAF (Holiday, Activity and Food) Project

Please see below other support services available should you or someone you know need them

Christmas support services available

NHS non-emergency line 111 – Advice and signposting 24/7

Samaritans: 116 123 jo@samaritans.org – providing support for those contemplating suicide, people in mental health crisis and those who need support 24 hours a day, seven days a week.

Childline 0800 1111 www.childline.org.uk – speak to a counsellor, they're there to listen and support you with anything you'd like to talk about.

Shout text service - If you're in crisis text SHOUT to 85258 for free, confidential mental health support, 24/7

Upturn – 126 West Street Fareham, PO16 0EP, 01329 281445 – Mental health support and advice for young people, parents and carers

MIND Crisis Line: 0300 303 1590 – Support for young people aged 11-17 experiencing mental health crisis

Young Minds www.youngminds.org.uk a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need.

STEM 4 – Supporting teenage mental health www.stem4.org.uk

Calm Harm – a free app by STEM 4 to help teenagers manage or resist the urge to self-harm

Clear Fear – a free app by STEM 4 to help children and young people manage symptoms of anxiety