**Further information and pathways for support**

You may find these sites useful:

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| British Association for Counselling & Psychotherapy: Find a BACP registered and qualified counsellor or psychotherapist in your area  [www.bacp.co.uk/search/Therapists](http://www.bacp.co.uk/search/Therapists) | Hampshire Association for Counselling and Psychotherapy  Search for qualified counsellors and psychotherapist in Hampshire  [www.hcap.co.uk](http://www.hcap.co.uk) |
| Dorset Association of Counsellors and Psychotherapists  Search for qualified counsellors and psychotherapists in Dorset  [www.dacap.org.uk](http://www.dacap.org.uk) | Life Changes  Southampton based community counselling service  023 8040 5569  [www.lifechangescounselling.org.uk](http://www.lifechangescounselling.org.uk) |
| [nationalcounsellingsociety.org/counselling-directory](https://nationalcounsellingsociety.org/counselling-directory)  Search for qualified counsellors and psychotherapist in Hampshire | www.simonsays.org.uk  support for Hampshire children and young people up to the age of 18 years who have a significant person in their life who has died or is dying. |
| [www.kooth.com](http://www.kooth.com)  online mental well being community | [www.italk.org.uk](http://www.italk.org.uk)  italk is the Improving Access to Psychological Therapies (IAPT) service for most of Hampshire. We're a partnership between Solent Mind and Southern Health NHS Foundation Trust. |
| [www.youthandfamiliesmatter.org.uk](http://www.youthandfamiliesmatter.org.uk)  Youth and Families Matter (YFM) is a local charity that has been in Totton for over 25 years. Through a programme of one-to-one support, groups, activities, courses, a food bank and community cafe, YFM aims to be there for children, young people, adults and families in this community who are facing tough challenges. | www.families-matter.org.uk  Aim is to transform lives by providing practical and emotional support to families throughout the Hythe & Waterside area. |
| [www.hampshireyouthaccess.org.uk](http://www.hampshireyouthaccess.org.uk)  Hampshire Youth Access (HYA) is a partnership of 11 leading agencies providing counselling, information, advice, and support to children and young people aged 5 to 17 across Hampshire. | hubofhope.co.uk  The Hub of Hope is the UK’s leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time. |
| yellowdoor.org.uk  A long-standing local charity – starting 35 years ago as a Rape Crisis service and expanding over the years to offer a range of prevention and support interventions to those affected by domestic abuse and related harmful practices. | www.citizensadvice.org.uk  Advice and support |
| www.inclusionhants.org  A free and confidential service for all children and young people aged up to 25 years old across Hampshire. | www.catch-22.org.uk/services/hampshire-247-substance-misuse-support  A county-wide specialist treatment service offering targeted, specialist, and family support for children and young people effected by substance misuse. We offer free and confidential advice and support for young people aged up to 25. |
| [www.solentmind.org.uk](http://www.solentmind.org.uk)  Access to mental health support and advice | [www.thehandytrust.co.uk](http://www.thehandytrust.co.uk)  Youth Workers and volunteers engage with youngsters where they feel most comfortable, this includes through 1 to 1 sessions, at our youth clubs, out in the community, in school, at home or via social media. |
| youthoptions.org.uk  They work with young people in a wide range of situations, including those in care, care leavers, those at risk of exclusion from school or society, those already excluded from mainstream education and young people who are NEET or likely to be NEET on leaving school. |  |