



Mental Health Resources for Patients Available through AccuRx and on the Alma Road Surgery Website



References:

1. Support for specific mental health problems – list provided by Dr Nicola Holroyd (GP Mental Health Lead - Romsey and North Baddesley PCN)
2. TARGET event 11/10/2023
3. [Mental Health | Test Valley Borough Council](#)
4. [Community Mental Health Services \(Adults\): Hampshire and Isle of Wight NHS Foundation Trust](#)
5. [Scottish health information you can trust | NHS inform](#)

Crisis Support

If you are experiencing heightened emotions or distress and need immediate support, please reach out to the following resources:

1. **Samaritans**
Every life lost to suicide is a tragedy. Samaritans are here to listen.
Website: [Samaritans](#)
2. **The South West Hampshire Safe Haven**
A crisis drop-in service by Solent Mind, South West Hampshire ICB, and Hampshire & Isle of Wight NHS Foundation Trust.
Website: [South West Hampshire Safe Haven](#)
3. **Shout**
A free, confidential, and 24/7 mental health text service for crisis support.
Text: **85258**

Mental Health Resources for Young People

1. **Andover Mind**
Free youth counselling support for 11–23-year-olds in the Andover area.
Website: [Andover Mind](#)
2. **Hampshire Youth Access (HYA)**
A partnership offering mental health, emotional wellbeing advice, and support for children and young people aged 5–17 across Hampshire.
Website: [HYA](#)
3. **Youth in Romsey**
Support for children and young people aged 5–25 years, including play therapy, counselling, careers support, sexual health services, youth groups, and more.
Website: [Youth in Romsey](#)
4. **Papyrus UK**
UK charity dedicated to the prevention of young suicide, providing a helpline for young people and those concerned about them.
Website: [Papyrus UK](#)
5. **Childline**
Provides support for children and young people through phone, online, email, and message board.
Website: [Childline](#)
6. **YoungMinds**
Mental health charity offering support for children and young people, including a parent helpline.
Website: [YoungMinds](#)

7. **FREED**

Eating disorder information and support for young people and carers.

Website: [FREED](#)

Support for Autism and ADHD

- **Autism Hampshire**

Support for individuals pre, during, or post autism diagnosis.

Website: [Autism Hampshire](#)

- **ADHD UK**

Support for individuals pre, during, or post ADHD diagnosis.

Website: [ADHD UK](#)

Student Health

1. **University of Southampton – Student Mental Health Information Hub**

A comprehensive mental health resource for students, created by the charity Mind.

Website: [Mind Student Hub](#)

General Mental Health (including Anxiety, Depression, & Stress)

Courses and Counselling Services:

1. **NHS Talking Therapies Hampshire**

Free psychological therapies for conditions such as anxiety, depression, and stress. Self-referral and online webinars available.

Website: [NHS Talking Therapies Hampshire](#)

2. **SilverCloud**

An online platform for digital Cognitive Behavioural Therapy (CBT).

Website: [SilverCloud](#)

3. **Hampshire and Isle of Wight Recovery College (Starting 1 April 2025)**

Educational courses to help individuals manage their mental health.

Website: [Recovery College](#)

4. **BACP Therapist Directory**

Search for over 16,000 private therapists offering mental health support.

Website: [BACP Directory](#)

5. **Psychology Today**

Find a private therapist in the UK.

Website: [Psychology Today](#)

6. **Solent Mind – Eastleigh Wellbeing Centre**

Provides workshops, groups, and 1:1 support for emotional wellbeing.

Website: [Solent Mind](#)

7. **Andover Mind – Wellbeing Centre**

Offers mental health support and activities.

Website: [Andover Mind](#)

8. **Options Wellbeing**

Mental health support in Southampton provided by So:Linked.

Website: [Options Wellbeing](#)

9. **Self-Help Resources**

- **Self-Compassion:** [Self-Compassion Workbooks](#)
 - **Generalised Anxiety:** [Anxiety Self-Help Resources](#)
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Mental Health Apps

1. **Headspace**

App for meditation, mindfulness, and sleep improvement.

Website: [Headspace](#)

2. **Calm**
The #1 app for sleep and relaxation.
Website: [Calm](#)
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Eating Disorder Support

1. **NHS Eating Disorders Overview**
Information on the signs and treatment of eating disorders.
Website: [NHS Eating Disorders](#)
 2. **Beat Eating Disorders**
National eating disorder charity offering support and advice.
Website: [Beat](#)
 3. **Feelings – Health for Teens**
Support for teenagers with eating disorders.
Website: [Feelings](#)
 4. **Bournemouth & Southampton Eating Disorder Peer Support**
Local peer support services for individuals facing eating disorders.
Website: [Eating Disorder Peer Support | Bournemouth & Southampton](#)
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LGBTQ+ and Family Support

1. **The Rainbow Project**
Support for LGBT individuals and families, including same sex parented families.
Website: [The Rainbow Project](#)
 2. **FFLAG (Families and Friends of Lesbians and Gays)**
A national charity offering support for parents and families of LGBT individuals.
Website: [FFLAG](#)
 3. **Family Lives**
Advice and support for families, including those of same-sex parents.
Website: [Family Lives](#)
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Domestic and Sexual Abuse Support

1. **Yellow Door**
Therapeutic services for those experiencing domestic or sexual abuse.
Website: [Yellow Door](#)
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Bereavement Support

1. **Cruse Bereavement Support**
Offers guidance and support to people who have experienced the death of a loved one.
Website: [Cruse Bereavement](#)
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Miscarriage and Pregnancy Loss

1. **Sands – Stillbirth and Neonatal Death Charity**
Support for families after pregnancy loss.
Website: [Sands](#)
 2. **Tommy's**
Pregnancy loss support and information.
Website: [Tommy's](#)
 3. **The Miscarriage Association**
Support for those affected by pregnancy loss.
Website: [Miscarriage Association](#)
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Substance Misuse Support

1. **Inclusion Hants**
Support for patients, families, and friends affected by substance misuse.
Website: [Inclusion Hants](#)

2. **Parent Support Link**

Resources for families/friends supporting someone with substance misuse issues.

Website: [Parent Support Link](#)

Parenting Support

1. **NCT (National Childbirth Trust)**

Providing information and support for pregnancy, birth, and early parenthood.

Website: [NCT](#)