

Signposting for Parents and Carers for CWSW

Trauma

Anna Freud National Centre for Children and Families

[Anna Freud National Centre for Children and Families](#) supports the mental health of children through research, training and treatment and offers free resources supporting children's mental health.

They also offer two free, professional networks: [Early Years in Mind](#) and [Schools in Mind](#).

Beacon House

[Beacon House](#) is a therapeutic service with a specialist interest in working with those who have experienced trauma and loss and offers information and resources around the impact and repair of trauma and adversity.

Special Educational Needs and Disability (SEND)

Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS)

[Hampshire SENDIASS - Special Educational Needs Support](#) provides impartial and confidential support to children and young people with special educational needs and disabilities (SEND), as well as their parents and carer.

Parent Guide to Special Educational Needs (SEN)

The [Quick Guide - Parent Guide to SEN.pdf](#) provides information on the support system for children and young people with special educational needs and disabilities (SEND) including the types of support they will receive at school and an overview of the application for an Education, Health and Care plan (EHC).

Safeguarding

Early Help and Family Help Teams

Hampshire Early Help Services [Family help services in Hampshire | Children and Families | Hampshire County Council](#) provide support to families, children, and young people facing various challenges. These services aim to intervene early to prevent issues from escalating. These services are designed to ensure families receive the right support at the right time from the right professionals.

Hampshire Family Connections Service

The Family Connections Service provides free guidance, advice and support to Hampshire County Council's Special Guardians. [I'm a Special Guardian | Children and Families | Hampshire County Council](#)

Hampshire Safeguarding Childrens Partnership

The Hampshire Safeguarding Children Partnership (HSCP) is dedicated to keeping children safe and ensuring their wellbeing within Hampshire. They have a range of resources for adults who would like more information or support around safeguarding issues for children and young people up to the age of 18. [Parents & Carers - Hampshire SCP](#)

Stop Domestic Abuse

[STOP DOMESTIC ABUSE](#) in Hampshire offers a range of services specifically designed to support children and young people affected by domestic abuse. These services include:
One-to-One Support: Personalised support, advice, and education for school-aged children (4-17 years) who have experienced or are currently experiencing domestic abuse
Group Work: Various group programs aimed at improving confidence, self-esteem, understanding healthy relationships, and ensuring personal safety. These groups are available for children aged 5-17.

Advice Line: A confidential advice line (03300 165 112) for victims, survivors, family members, and professionals seeking support or information

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Health

NHS Healthier together website

The NHS Healthier Together website [Home :: Healthier Together](#) is a comprehensive resource aimed at improving the health and wellbeing of children, young people, and pregnant women. The website encourages collaboration between patients and healthcare professionals to enhance local healthcare delivery.



Mental Health and Wellbeing

Hampshire CAMHS

Hampshire Child and Adolescent Mental Health Services [CAMHS](#) is an NHS specialist service that supports young people aged 5-18 years and their families who are experiencing difficulties with their mental and emotional health. Key services include:

- Assessment and Treatment: CAMHS provides comprehensive assessments and tailored treatment plans for a range of mental health issues, including anxiety, depression, and behavioural problems
- Crisis Support: Immediate support for young people in mental health crises, ensuring they receive timely and appropriate care
- Therapeutic Interventions: Various therapeutic approaches, such as cognitive-behavioural therapy (CBT), family therapy, and group therapy.

CAMHS also provide a range of information and advice sessions and events for parents and carers across Hampshire. [Events – CAMHS](#)

Back to Basics

Hampshire Back to Basics initiative aims to empower parents and carers to support their family's emotional wellbeing by focusing on fundamental aspects of daily life.

[Back to Basics | Children and Families | Hampshire County Council](#)

Solihull Approach

The Hampshire Solihull Approach is a partnership between Hampshire County Council and the Solihull Approach, offering free online courses for parents, carers, grandparents, and professionals working with children. These courses are designed by psychologists and professionals to help understand children's feelings, development, and behaviour.

[The Solihull Approach | Health and social care | Hampshire County Council](#)

[Online courses for emotional health and wellbeing](#)