

Signposting for Parents and Carers for Children in Care

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

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](#)



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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](#)