

**NO
LiMiTS**

Helping Young People
Help Themselves



**PORTSMOUTH
SUPPORT SERVICES
FOR AGES 18+**

CRISIS SUPPORT

PAPYRUS

A UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.



papyrus-uk.org



0800 068 4141

Available 24/7

Samaritans

A listening service that can be contacted by phone, email and letter. There's also a face-to-face service available at their local branches.



samaritans.org



116 123

Available 24/7

National Suicide Prevention Helpline

Offers a supportive listening service to anyone with thoughts of suicide.



spuk.org.uk



0800 689 5652

6pm - midnight every day

CALM

You can call CALM if you are struggling and need to talk. Or if you'd prefer not to speak on the phone, you could try their webchat service, available 5pm - midnight every day.



thecalmzone.net



0800 58 58 58

5pm - midnight every day

SANeline

Out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.



sane.org.uk



0300 304 7000

4pm - 10pm every day

SHOUT

A text service for anyone in crisis anytime, anywhere. Available for free on all major mobile networks. If a place to go if you're struggling to cope and need immediate help.



giveusashout.org



Text 'HANTS' to 85258
Available 24/7

NHS 111

A number to call if you are in crisis.



111.nhs.uk



111

Available 24/7

FURTHER SUPPORT

No Limits

Free information, advice and help to children & young people under the age of 26 in Hampshire, the Isle of Wight, Portsmouth and Southampton.

Whatever your issue, whether it's around mental health, housing and homelessness, sexual health, substance use, money, or anything else, trained youth workers are available to support, advise and educate you, helping you to grow in confidence, manage your life and build a brighter future.



nolimitshelp.org.uk



02380 224 224

Portsmouth Mental Health Hub

Open to anyone over the age of 16, Monday - Friday, 8:00am - 6:00pm.



mentalhealthinportsmouth.co.uk



0300 123 6621

Talking Therapies

For anyone aged 16 or over living in Portsmouth and registered with a GP in the city.

Self-refer by calling them or completing their online form.



talkingtherapiesportsmouth.nhs.uk



0300 123 6621

Andy's Man Club

A men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online. Groups take place on Mondays at 7pm.



andysmanclub.co.uk

Adult Safe Haven

Face-to-face mental health support at the Wellbeing Centre, Leigh Park Community Centre, Dunsbury Way, Havant, PO9 5BG. Open 365 days a year from 6-10pm.



easthantsmind.org/crisis-services/adults-safe-haven



0300 303 1560

The Mix

Online information and resources on all aspects of a young person's life including mental health, relationships, work/study, money, housing.



themix.org.uk

YoungMinds

Online support for young people and parents.



youngminds.org.uk



0300 303 1560

PARCS

Portsmouth Abuse & Rape Counselling Service (PARCS) provides free specialist counselling and psychotherapy for people who have experienced sexual and/or domestic abuse.



family-action.org.uk/services/parcs-sexual-and-domestic-abuse-counselling

The Treetops Centre

A sexual assault referral centre (SARC). They offer medical care and practical help to anyone who has been raped or sexually assaulted. They can also refer or signpost you to services for emotional support.

You can attend Treetops SARC and access their services regardless of your decision to report the assault to the Police.



hiowhealthcare.nhs.uk/our-services/a-z-list-of-services/treetops-sexual-assault-referral-centre



0300 123 6616

24/7 Rape & Sexual Abuse Support Line

A free, confidential emotional support and listening service for anyone over the age of 16 affected by sexual violence or abuse living in England and Wales. This includes people of all genders.

Accessible by phone and online chat, with additional online resources.



247sexualabusesupport.org.uk



0808 500 2222

DASS

The Drug and Alcohol Support Service (DASS) is free and confidential for young people under 25 in Portsmouth who are using substances.

Young person - open-access Monday and Tuesday evenings, 5:30 - 8:00pm

Parent/carer support - Every third Monday of the month, 1:00 - 3:00pm

55 Kingston Road, Fratton, Portsmouth, PO2 7DP



portsmouth.gov.uk/services/health-and-care/health/dass-drug-and-alcohol-support-service-for-young-people



07979 706037
02392 882593

Inclusion

A national organisation that works with individuals, families and communities who are affected by addiction, crime, mental health or need treatment for their sexual health.



inclusion.org

Catch22

Targeted, age-appropriate substance misuse services for young people, that puts the young person at the centre of treatment.



catch-22.org.uk/find-services/hampshire-247

Kooth

Free, confidential online counselling and mental health support.



kooth.com

USEFUL APPS



Calm Harm

Helping young people manage the urge to self-harm



DistrACT

Trusted information for people who self-harm or feel suicidal



Stay Alive

Helping you plan and stay safe during a mental health crisis



HarmLess

Empower your resilience against self-harm and life's stresses



Tellmi

Share your mental health concerns anonymously and get help and advice



My Possible Self

Your companion for anxiety, sleep, stress, depression and wellbeing



Mindshift CBT

Manage your anxiety and stress using cognitive behavioural therapies



I Am

Daily affirmations to help build self-esteem and change negative thoughts



Calm

Helping you to sleep more, stress less and live mindfully



Headspace

Lifelong guide to mental health, mindfulness and meditation



Catch It

Better understand your moods using an ongoing mood diary



Finch Self Care

A self-care pet app helping your feel prepared and positive one day at a time



Kinder World: Wellbeing Plants

Find peace and relaxation in everyday life as you raise plants



Tiimo

Daily planning and learning app designed for neurodiverse individuals



Habitica

Habit-building and productivity app to gamify your tasks and goals



I Am Sober

Get motivated by tracking sober days and build new habits and connections



Everything AA

Helping you on your Alcoholics Anonymous journey



Callie

Take control of your personal safety



Hollie Guard

Turn your phone into a personal safety device and help protect yourself from violence



WalkSafe+

Travel safely, create a safety circle and enjoy a safer experience when out with friends



Y-Stop

Record yourself and monitor how police stop & search is conducted

LOOKING AFTER YOUR MENTAL HEALTH

Talk to someone you trust

Let someone know how you feel. Talking can help you to unload how you're feeling and is often the first step to tackling your issue.



Talk to someone who you trust and think will support you - this could be a friend, family member, No Limits worker, teacher or someone else.



Take baby steps

When you feel low, everything is 10 times harder than usual. Make sure you take things slowly and feel proud of every small thing you do. Don't beat yourself up if you think you haven't done much - each small step is positive. Even simple tasks like getting out of bed, having a drink or cleaning your teeth can be challenging. However, they are all small, positive steps.

Make a self-soothe box

A box full of things to distract yourself and keep you calm can be really helpful. Put things in the box that will make you happy, like pictures of family and friends, or your favourite book. Try and include sensory things in the box to distract you, like headphones to listen to music, a special teddy or blanket to hold and something that smells like and relaxes you.



Spend time looking after yourself

Try going for a walk and getting some fresh air, or having a bath or shower. These things are good for clearing your head and having a reset. You could also watch your favourite film, listen to your favourite song or read a book to take you to a place far away from the world.

Look after your physical health

Eating the right food gives our body the right nutrients to be able to function properly, which is important when trying to maintain positive mental health. Your body also releases endorphins, serotonin and dopamine when you exercise, which all make you feel better.



By making gradual changes to your lifestyle, you'll find it easier to adjust slowly, rather than throwing yourself in at the deep end.

Make sure you're also getting enough sleep, too, as not getting enough contributes to feeling low. Try and aim for eight hours a night.



Try mindfulness

Mindfulness is a great way to clear your head and feel calm. Lots of things count as mindfulness, like colouring, a slow walk in fresh air and breathing techniques. It's really just about being present in that moment, noticing the things around you and your body. Think of it like a soft, warm, wet flannel around your head.



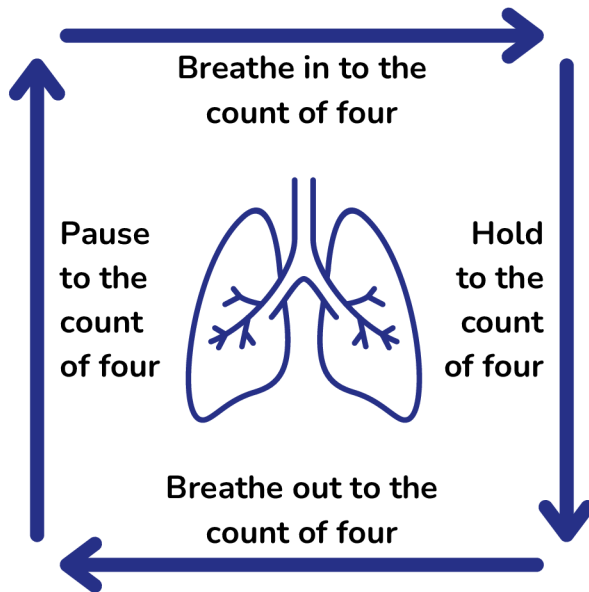
Find out more about mindfulness from Mind:
mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness

TIPS FOR MANAGING ANXIETY AND LOW MOOD

Controlled breathing

When you are anxious, your breathing becomes shallower and faster. This can make you feel dizzy or light-headed, which in turn can cause you to feel more anxious.

Begin to practice this when feeling calm; you can sit with your hands by your side or on your chest. Repeat this for two minutes:



It can also be helpful to use your exhale to let go of anxieties, imagine these worries floating away. When you breathe in imagine a sense of wellbeing filling your lungs, stomach, then whole body.

Grounding techniques

When feeling anxious, some people have the feeling of being 'disconnected' from their body and 'not real'. When using the grounding technique, you will purposefully take in the details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out, such as distant sounds, or the texture of an ordinary object.

5

What are 5 things you can see? Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.



4

What are 4 things you can feel? Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you're sitting in. Pick up an object and examine its weight, texture and other physical qualities.



3

What are 3 things you can hear? Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.



2

What are 2 things you can smell? Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.



1

What is 1 thing you can taste? Carry gum, candy or small snacks for this step. Pop one in your mouth and focus closely on the flavours.




Emotional First Aid Kit

Create an emotional first aid kit for times of distress or to use in an emergency. Like if you cut your finger and have a first aid kit including a plaster, it can be helpful to have an emotional first aid kit to counteract those days when you are feeling low.



MENTAL HEALTH PAIN SCALE

Sometimes it can be hard to put our emotions into words. This tool helps you let others how you are feeling emotionally, and what your immediate needs are. Use it to help you explain to your parents, professionals, and other people in your life.

MILD		1	Everything is a-okay! There is absolutely nothing wrong. You're probably cuddling a fluffy kitten right now. Enjoy!
		2	You're a bit frustrated or disappointed, but you're easily distracted and cheered up with little effort.
		3	Things are bothering you, but you're coping. You might be overtired or hungry. The emotional equivalent of a headache.
MODERATE		4	Today is a bad day (or a bad few days). You still have the skills to get through it, but be gentle with yourself. Use self-care strategies.
		5	Your mental health is starting to impact on your everyday life. Easy things are becoming difficult. You should talk to your doctor.
		6	You can't do things the way you usually do them due to your mental health. Impulsive and compulsive thoughts may be hard to cope with.
SEVERE		7	You're avoiding things that make you more distressed, but that will make it worse. You should definitely seek help. This is serious.
		8	You can't hide your struggles anymore. You may have issues sleeping, eating, having fun, socialising, and work/study. Your mental health is affecting almost all parts of your life.
		9	You're at a critical point. You aren't functioning anymore. You need urgent help. You may be a risk to yourself or others if left untreated.
		10	The worst mental and emotional distress possible. You can no longer care for yourself. You can't imagine things getting any worse. Contact a crisis line immediately.

