

Intervention sessions - Deer Park run a range of intervention sessions to provide support on things like anger or anxiety.

Young Carers - A Young Carer is someone under 18 who helps look after a family member or friend who is ill, disabled or misuse drugs or alcohol. If this describes your situation, please see Mrs Brenton or contact Eastleigh Young Carers.

community.org.uk/support-at-home/young-carers/



I need immediate help

In an emergency, call 999. Alternatively, you can seek support from NHS 111 who have an emergency triage service. Call 111 24/7.



childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Deer Park Secondary School
Sika Avenue
Hedge End
Southampton
SO30 2HT



Deer Park School Student Wellbeing Menu

"We care about
every mind and
everybody "

Support at Deer Park





Initial Support

For support before a crisis, you can speak to your Tutor, the Student Services team, or your Head of Year who can help discuss where to go to access the best support for you going forward.

Self Help:

ChildLine - 0800 1111 or [childline.org.uk](https://www.childline.org.uk)

CATCH 22 - Drug and alcohol misuse support service for young people.
[catch-22.org.uk](https://www.catch-22.org.uk)

Young Minds - Mental Health support.
[youngminds.org.uk](https://www.youngminds.org.uk)

The Mix - Mental Health information and free counselling service. [themix.org.uk](https://www.themix.org.uk)

Solent Mind Self Harm Hub - Support for anyone who is self-harming and their parents/ carers.

[selfharmsupporthubhants.org.uk](https://www.selfharmsupporthubhants.org.uk)

LifeSIGNS - Self injury support charity.
[lifesigns.org.uk](https://www.lifesigns.org.uk)

Papyrus - Prevention of young suicide.
[papyrus-uk.org](https://www.papyrus-uk.org)

Samaritans - If you need someone to talk to any time 24/7, call 116 123.

SHOUT - Free, 24/7 text messaging mental health support service for anyone who is struggling to cope. Text SHOUT to 85258. [giveusashout.org](https://www.giveusashout.org)

No Limits - Support for young people on a range of topics. No Limits also run Safe Havens drop in sessions for 1:1 crisis support with youth workers.

LGBTQIA+ support charities -
theproudtrust.org/

breakoutyouth.org.uk/
mermaidsuk.org.uk/

BEAT - Eating Disorder support charity.
beateatingdisorders.org.uk/

Kooth - Free 1:1 support. kooth.com

Stem4 - Self help apps on topics including self-harm, anxiety, low mood and low self-esteem. stem4.org.uk

Bereavement support charities -
cruse.org.uk

simonsays.org.uk
winstonswish.org

ChatHealth - Confidential text service allowing young people to get advice from a school nurse.

Targeted Support

Support when you need it, tailored to individual students needs. Speak to your Head of Year or the Safeguarding team, who can help to arrange support.

School Nursing Team - If you would like confidential advice from a medical professional, we can arrange for you to see one of our school nursing team.
Kings Community Church mentoring - 1:1 sessions with a member of the KCC team.

Police Community Support - Advice and guidance from our local PCSOs.

Children's Services - Provide support and social care services for young people and families. They aim to protect young people from harm.

Child and Adolescent Mental Health Service - CAMHS is the NHS support service for young people who have difficulties with their mental health.
hampshirecamhs.nhs.uk

