

# USEFUL CAMHS RESOURCES



Hampshire Child and Adolescent  
Mental Health Services



Hampshire CAMHS  
website guide - leaflet



What to do when concerned  
about a young person - leaflet



A to Z of mental health  
coping strategies  
(junior version) - leaflet



A to Z of mental health  
coping strategies  
(adolescent version) - leaflet



Eating disorder awareness  
resource & team details



Hampshire CAMHS  
SAFE card



How to make a  
self-soothe box - poster



111 Mental Health Triage  
Team - leaflet



Referral guides for mental  
health difficulties - leaflets



SCAN ME WITH  
YOUR CAMERA APP

