USEFUL CAMHS RESOURCES

NHS
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