

# Helpful contacts to support you

     
[fareham.ac.uk](http://fareham.ac.uk)

CEMAST **CETC** BUSINESS **PLUS**



# Keeping you safe

**Our fundamental goal is to keep you safe.  
If you have any concerns regarding yours and/or  
others safety, please contact us.**

For urgent safeguarding concerns during college hours please contact the Safeguarding Team on **07596 858 479** or visit Student Services. For non-urgent enquiries please email **safe@fareham.ac.uk**

## **OUTSIDE COLLEGE HOURS**

The following external agencies are available:

Emergency Services	999
Papyrus (suicide prevention)	0800 068 4141
Samaritans	116 123
Childline	0800 1111

## ALUMINA

/ [alumina.selfharm.co.uk](http://alumina.selfharm.co.uk)

Free online self-harm support for 11-19's

Free online 7 week course for young people struggling with self-harm

## BEAT

/ Helpline: 0808 801 0677 - 365 days a year, midday – midnight weekdays. 4pm – midnight weekends and bank holidays

/ [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

/ Webchat available

The UK's eating disorder charity whose mission is to end the pain and suffering caused by eating disorders.

## CALM (CAMPAIGN AGAINST LIVING MISERABLY)

/ Helpline: 5pm to Midnight  
365 days a year: 0800 585 858

/ [thecalmzone.net](http://thecalmzone.net)

/ Webchat available

CALM provide a helpline for men in the UK who are down or have hit a wall, who need to talk or find information and support. The helpline is open 5pm to midnight, 365 days a year. They also offer a webchat service between the same hours.

## CAMHS

/ 0300 304 0050

/ [hampshirecamhs.nhs.uk](http://hampshirecamhs.nhs.uk)

An NHS service that aims to help young people up to the age of 18 who are finding it hard to manage their emotional and psychological health, and who are suffering with acute, chronic and severe mental health problems.

## CATCH 22 - HAMPSHIRE 24/7 SUBSTANCE MISUSE SUPPORT

/ [catch-22.org.uk](http://catch-22.org.uk)

/ 24/7 help line for young people:  
0800 599 9591

Delivers universal, targeted and specialist substance misuse services exclusively for young people up to 25-years-old. If you feel you need help with substance misuse then the College can support you with a referral. Just ask us.

## CEOP – CHILD EXPLOITATION AND ONLINE PROTECTION

/ [www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)

If you are worried about online abuse or the way someone has been communicating online, let CEOP know.

## CHAT HEALTH

/ Text 07507 332 160

/ [chathealth.nhs.uk](http://chathealth.nhs.uk)

A secure and confidential text messaging service for young people aged 11 to 19. It allows you to get in touch with a health care professional to chat through any worries you may have and offers support and advice.

This service supports with stress and anxiety, self-harm, alcohol or drug addiction, relationship concerns and bullying.

## CHILDLINE

/ 0800 1111

/ [childline.org.uk](http://childline.org.uk) (Online chat available)

Childline is a counselling service for children and young people up to their 19th birthday in the United Kingdom provided by the NSPCC. It deals with any issues which cause distress or concern; some of the most common issues include child abuse, bullying, mental illness, parental separation or divorce, teenage pregnancy, substance misuse, neglect, and psychological abuse.

## CLARE'S LAW

/ [clares-law.com](http://clares-law.com)

If you are concerned that your partner may have been abusive or violent in the past, you have the right to ask the police for more information. If you know someone that you think may be at risk from their partner, you have the right to ask the police. You can ask at any police station directly or you can call 101.

## CONSTRUCTION INDUSTRY HELPLINE

/ 03456 051 956 24/7 or Text HARDHAT to 85258

/ [constructionindustryhelpline.com](http://constructionindustryhelpline.com)

Provided by the Lighthouse Construction Industry Charity and supported by the Considerate Constructors Scheme, the helpline advises on a range of matters including occupational health and wellbeing, support and advice for people with stress, and home worries such as divorce, tax and financial concerns. The services can also provide emergency financial aid to the construction community in times of crisis.

## CROFTON YOUTH PROJECT

/ Crofton Community Centre, Stubbington Lane, Stubbington, PO14 2PP

/ [yservices.co.uk](http://yservices.co.uk)

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/ Crofton Community Centre, Stubbington Lane, Stubbington, PO14 2PP

/ yservices.co.uk

/ info@yservices.co.uk

/ 07585 115 022

/ Follow us on Facebook

Youth clubs for young people.

## CRUSE BEREAVEMENT CARE

/ 08088 081 677

/ cruse.org.uk

The Cruse Bereavement Care freephone national helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement.

The helpline is open Monday to Friday 9.30am to 5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings, when it is open until 8pm. Weekends 10am to 2pm.

## ELECTRICAL INDUSTRIES CHARITY

/ 08006 521 618

/ electricalcharity.org

/ support@electricalcharity.org

Free and confidential advice for people working within the electrical industry, needing help with a wide variety of issues including debt, legal advice, financial assistance and grants and career advice amongst many other things.

## GENESIS YOUTH CENTRE

/ Centre Way, Locks Heath, SO31 6DX

/ yservices.co.uk

/ lorna@yservices.co.uk

/ Follow us on Facebook

Youth clubs for young people.

## HAMPSHIRE YOUTH ACCESS (HYA)

/ hampshireyouthaccess.org.uk

/ 02382 147 755

A partnership of 11 leading agencies providing counselling, information, advice, and support to children and young people aged 5 to 17 across Hampshire.

## HOUSING NEED?

/ If you are under 18 please contact Childrens Services at Hampshire County Council on 03005 551 384

/ childrens.services@hants.gov.uk

If you are over 18, the homelessness and prevention service provides advice and assistance to residents of Fareham in housing need to help them find successful solutions to their housing problem. It undertakes local authority statutory services in relation to those who are homeless or threatened with homelessness. Drop-in Monday to Friday 9.30am to 4pm. Civic Offices, Civic Way, Fareham, PO16 7A7Emergency out of hours phone 0800 374 485.

Information, advice, counselling and support through a range of services supporting drugs and alcohol, relationships, sexual health and sexuality, crime and offending and housing and homelessness.

## HUB OF HOPE

/ hubofhope.co.uk

A search engine to find local immediate support. There is always someone to talk to.

## ITALK (16 AND OVER)

/ 02380 383 920

/ italk.org.uk

/ info@italk.org.uk

Provides free support to people suffering from common mental health problems such as anxiety, depression and stress.

This service offers a range of online self-help programmes as well as a service whereby you can call to refer yourself to these services. A referral takes about 10 minutes where one of the team will ask some questions about how you are feeling and your symptoms and then decide which support programme is best for you.

## KOOOTH

Is a FREE, confidential, online counselling and emotional well-being service for young people aged 11 – 25 years. You can find out more and register for Kooth at

/ kooth.com

## LET'S TALK ABOUT IT

/ 0300 300 2016

/ letstalkaboutit.nhs.uk

Contraception and Sexual Health support.

## AC7 - ACTION COUNTERS TERRORISM

/ www.actearly.uk

An initiative designed to provide practical help and guidance to the public in order to stop people becoming terrorists or supporting terrorism.

## LGBTQ FOUNDATION

- / 03453 303 030
- / [lgbt.foundation](http://lgbt.foundation)

A national charity delivering advice support and information services to lesbian, gay, bisexual and trans communities.

## MIND

- / 03001 233 393 9am to 6pm
- / Text 86463

The team at the leading mental health charity Mind can provide information on a range of topics including types of mental health problem, where to get help, treatment options and advocacy.

## MINDOUT

- / 01273 234839
- / [mindout.org.uk](http://mindout.org.uk)
- / [info@mindout.org.uk](mailto:info@mindout.org.uk)

A mental health service run by, and for, lesbian, gay, bisexual, trans and queer people.

Webchat available

## THE MOVING ON PROJECT

- / 01329 822 331
- / [the-mop.org](http://the-mop.org)
- / [info@the-mop.org](mailto:info@the-mop.org)

The moving on project is a confidential counselling service for young people aged between 11 to 25 in the Fareham and Gosport area. The project can support on a wide range of issues from bereavement to mental health.

## NATIONAL COUNSELLING AND PSYCHOTHERAPY SOCIETY (NCS)

- / 01903 200 666
- / [admin@nationalcounsellingsociety.org](mailto:admin@nationalcounsellingsociety.org)
- / [nationalcounsellingsociety.org/find-counsellor](http://nationalcounsellingsociety.org/find-counsellor)

The NCS is committed to ensuring that people can receive information, support and training when they need it. It holds an Accredited Register of counsellors which you can search to find a registered counsellor in the UK, near you. This allows you the choice to find a qualified counsellor you feel comfortable working with.

## NATIONAL DEBT LINE

- / 0808 808 4000
- / [nationaldebtline.org](http://nationaldebtline.org)
- / Webchat available

Worried about money, not sure how you are going to cope? Contact this service to help you plan repayments that are affordable and clear your debt so you can get on with enjoying life.

## NO LIMITS

- / 02380 224 224
- / [enquiries@nolimitshelp.org.uk](mailto:enquiries@nolimitshelp.org.uk)

## NSPCC

- / 0808 800 5000
- / 0800 111
- / [nspcc.org.uk](http://nspcc.org.uk)

(18 and under) Offers advice about spotting the signs of abuse. You can call Monday to Friday 8am to 10pm or 9am to 6pm at the weekend. It's free and you don't have to say who you are.

## OASIS YOUTH CENTRE

- / Titchfield Community Centre, Mill Street, Titchfield, PO14 4AB
- / [yservices.co.uk](http://yservices.co.uk)
- / [emma@yservices.co.uk](mailto:emma@yservices.co.uk)
- / Follow us on Facebook

Oasis supports young people up to school-leaving age and beyond as they proceed into work, training or college places.

## ODYSSEY YOUTH CENTRE

- / Portchester School, White Hart Lane, Portchester, PO16 9BD
- / [yservices.co.uk](http://yservices.co.uk)
- / [elaine@yservices.co.uk](mailto:elaine@yservices.co.uk)

Youth club for young people in the Portchester area, offering chill out activities, pool, life skills and space to meet new friends and a supportive environment.

## STEP CHANGE

- / 0800 138 1111
- / [stepchange.org](http://stepchange.org)

Step Change provide the UK's most comprehensive debt advice service.

The team help people with debt problems take back control of their finances and their lives, with free debt advice.

## THE MIX

- / 0808 808 4994
- / Text SHOUT to 85258, 24 hours a day, 7 days a week.
- / themix.org.uk

The Mix is a leading support service for young people aged 11 to 25. This service offers to take on any challenge you may be facing, from mental health, money issues, homelessness to finding a job, to drug addiction or suicidal thoughts. It is a free and confidential support service and you can access us via social media, online or mobile.

## THE PROUD TRUST

- / 0161 660 3347

## PAPYRUS (PREVENTION OF YOUNG SUICIDE)

- / 9am – midnight everyday:  
0800 0684 141
- / pat@papyrus-uk.org
- / Text 07786 209 697

Papyrus provide confidential help and advice to young people and anyone worried about a young person. Their HOPELineUK service is staffed by trained professionals who give non-judgemental support, practical advice and information to children, teenagers and people up to the age of 35.

## SAMARITANS

- / 116 123
- / jo@samaritans.org (response time:24 hours)

Whatever you're going through, call Samaritans free any time, from any phone. Samaritans offers a safe place for you to talk any time you like, in your own way – about whatever is getting to you. This service won't judge you or tell you what to do, the team will listen to you.

## SHOUT

- / Text SHOUT to 85258
- / giveusashout.org

Text this service any time of the day or night. It is confidential and you can stay anonymous. It is completely free to text and this service can help with a range of issues including anxiety, depression, suicidal thoughts, relationship problems, bullying or just feeling overwhelmed.

## SIMON SAYS

- / 02380 647 550
- / simonsays.org.uk
- / info@simonsays.org.uk

Child bereavement support offered to all children up to the age of 18. Support can be offered through group support or through regular telephone calls.

## STEP BY STEP

- / 01252 346105
- / www.stepbystep.org.uk

Supporting young people who are homeless and going through hard times and provide accommodation, personal development opportunities and specialist support services to empower young people and prevent homelessness.

## STOP DOMESTIC ABUSE

- / 0330 0533 630
- / stopdomesticabuse.uk

Provides protection and support to women, children, young people and men affected by domestic abuse.

## TWO SAINTS

- / 101 Gosport Road, Fareham, PO16 0PZ
- / 01329 281 995
- / twosaints@twosaints.org.uk
- / twosaints.org.uk

This service's mission is to give people who are homeless, vulnerable or in need of support, the opportunity to build a brighter future. Please contact this service if you are at risk of becoming homeless or are homeless.

## YOUNG MINDS

- / Text SHOUT to 85258
- / youngminds.org.uk

The UK's leading charity fighting for children and young people's mental health, providing practical tips and advice and information on getting the support you need.

## Y SERVICES

- / yservices.co.uk
- / info@yservices.co.uk
- / Follow us on Facebook

Youth Work service that promotes young people's personal and social development, through a range of approaches:

Youth Club sessions

Detached youth work on the streets

LGBTQ + Projects and 1 to 1 support.

For more information contact:

# Counselling for students



50 minute sessions  
for ALL STUDENTS



Private  
meeting room



GENERAL WELLBEING



FAMILY BREAKDOWN



ANXIETY



BEREAVEMENT



RELATIONSHIP ISSUES



TERMINAL ILLNESS



HEALTH ISSUES



DEPRESSION



**SCAN**  
the QR code to  
book your session



