



THE HAMPSHIRE CAMHS ONLINE STORE IS NOW OPEN!

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A TO Z OF COPING STRATEGIES - ADOLESCENT

SCAN ME



What is it?

Ideas for young people to try to maintain good mental health along with some signposting for self help and support.

Target audience:

Adolescent young people.

A TO Z COPING STRATEGIES - JUNIOR

SCAN ME



What is it?

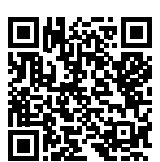
Ideas and prompts for young people to try, in order to maintain good mental health.

Target audience:

Primary school aged young people.

AIM CARD (Advice and Information on Mental Health)

SCAN ME



What is it?

Key details of organisations that support young people with a variety of issues that affect them. Also available as an A5 poster.

Target audience:

Young people.

BEST VERSION OF YOU

SCAN ME



What is it?

A resource covering exam stress, friendships, LGBTQ+ and more along with activities, and signposting to help.

Target audience:

11-12 years and above.

GOOD MENTAL HEALTH A GUIDE FOR PARENTS

SCAN ME



What is it?

A two part guide providing information and strategies to parent/ carers to support their child and strategies to look after themselves.

Target audience:

Parents/carers and professionals.

KNOW YOUR STUFF

SCAN ME



What is it?

A top headlines guide to life and getting by, covering friendships, finances, and personal safety and more.

Target audience:

Young people who are 16-20 years.

SAFE CARD (Suicide Awareness for Everyone)

SCAN ME



What is it?

Where to get help if a young person is self harming, feeling suicidal, or in crisis.

Target audience:

Young people.

SELF SOOTHE LEAFLET

SCAN ME



What is it?

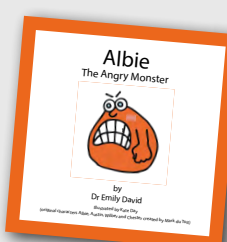
A guide as to how to make your own self soothe box- a strategy to support good mental health.

Target audience:

Young people of all ages.

MENTAL HEALTH MONSTERS

SCAN ME



What is it?

A series of 10 different books to read independently or with parent/ carer/ professional. Children outside of these age ranges may also benefit including those with SEN (special educational needs). These books aim to engage with young people on a variety of issues, and create empathy, understanding and tolerance around everyday difficulties such as autism and ADHD.

Target audience:

Children aged 4-8 years;

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