

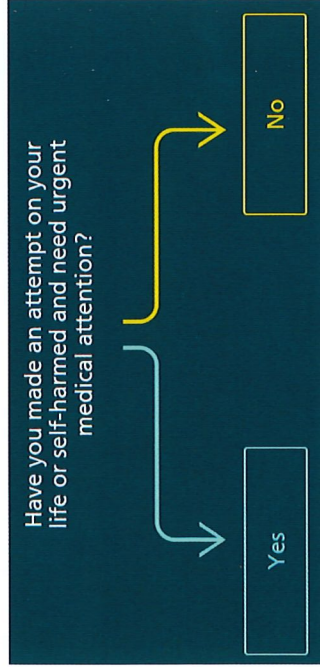
## HELP I'M IN CRISIS BUTTON

If you or a young person you know is in crisis, there is a step by step guide to help you keep safe and make a plan to get help.

At the top right of every page on the website, there is a "Help I'm in Crisis" button. Click this to get started.



Clicking on this button will take you to a simple decision making flowchart:



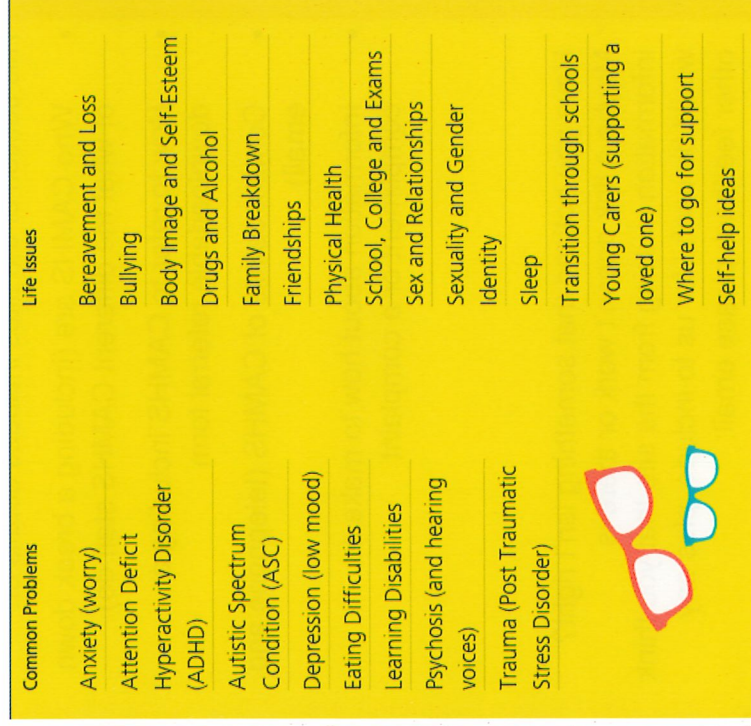
Whichever option you select, there will be a step by step guide of how to keep yourself safe and seek help, information and support.

There are helpline numbers, free downloadable apps, a download and animation of coping strategies and other top tips.

## SELF-HELP

Click on the relevant topic for:

- Information about each topic
- Top tips on how to manage
- Links to video clips, and animations pod casts, other websites, apps and helplines



On the parent and carer and professional section of the self-help pages, there is a downloadable information sheet about how to support a young person experiencing that difficulty. For some topics there is also a video of a workshop of how to support a young person experiencing that difficulty.

## EVENTS

We run a number of inspiring and informative events for young people, parents and carers as well as professionals across Hampshire.

Click on the events tab for information and booking for events.



## CAMPAIGNS

Every year we run a focused and dedicated campaign. Find out about the current campaign, it's aims and the projects you can get involved with.

Information, projects and resources from past campaigns are also available



## OTHER KEY FEATURES

- Frequent Questions and Answers (can be found on the self-help pages). Everything you want to know about CAMHS.
- A “Hide this site” button. If you need to exit the site or page you are on quickly, click this button (at the top right of every page) and it will redirect straight to Google. Remember to clear your internet browsing history.
- There is a search bar at the top right of every page. Type in a keyword associated with the information you are trying to find and a list of relevant results will be displayed.
- Links to our Hampshire CAMHS Twitter and Facebook account can be found at the bottom of every page on the site. Click the Twitter and Facebook icons then follow us for regular updates, information and resources
- The website and all it's features are mobile and tablet compatible.

## ABOUT US



This section of the sites includes details of:

- Who CAMHS are (including a break down of what the different CAMHS staff do)
- How to refer to CAMHS including a downloadable referral form
- Contact details of CAMHS (telephone and email)
- Information about how to make a compliment or a complaint

Have you noticed that something isn't right? Maybe a link doesn't work or there is information missing from the site that you think would be useful for us to include, plus any other feedback please email:

[Spnt.hantscamhsinnovation@nhs.net](mailto:Spnt.hantscamhsinnovation@nhs.net)

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Hampshire Child and Adolescent  
Mental Health Services

Welcome to

Hampshire Child and Adolescent

Mental Health Service (CAMHS)

**BRAND NEW WEBSITE**

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



Self-help. Information. Events. Campaigns.  
Referrals.



This is a quick reference guide to our new website, highlighting key features; and how to use to get the most use from it.