

# Agencies That Help Families



Knightwood Primary School



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## Educational Psychologist

### **Telephone Support Line**

(Tuesdays, Wednesdays and Thursdays 9:30-11:00)

01962 876 239

### **Website**

Resources to support communities in managing worries and anxiety

[www.hants.gov.uk/educational-psychology](http://www.hants.gov.uk/educational-psychology)

## **Eastleigh School Nursing Team**

Can provide support by phone, email or in the home to families experiencing challenging behaviours

### **Websites**

[www.what0-18.nhs.uk](http://www.what0-18.nhs.uk)

[www.what0-18.nhs.uk/resources/information-on-local-healthcare-services/school-nursing-team-eastleigh](http://www.what0-18.nhs.uk/resources/information-on-local-healthcare-services/school-nursing-team-eastleigh)

### **Email Address**

[shft.eastleighschoolnurseteam@nhs.net](mailto:shft.eastleighschoolnurseteam@nhs.net)

### **Phone Number**

023 82318752

## **Specialist Parenting Courses**

### **Barnado's Specialist Parenting Support Service**

Provides evidenced based parenting programmes for parents and carers who have children aged 5-17 who:

1. Have a diagnosed Autistic Spectrum Condition (ASC)
2. Have a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD)
3. Are experiencing mild-moderate conduct disorder
4. Have behaviour that challenges

#### **Websites**

[www.barnardos.org.uk](http://www.barnardos.org.uk)

[www.barnardos.org.uk/what-we-do/services/hampshire-specialist-parenting-support-service](http://www.barnardos.org.uk/what-we-do/services/hampshire-specialist-parenting-support-service)

#### **Phone Number**

01489 799 178

## **Local Parenting Support**

### **Lorraine Lee**

Lorraine has 3 children and a background in Child Psychology, Positive Parenting Training and Child Development. Training is designed to inform, equip and support all those with a role in the lives of our amazing children.

#### **Website**

[www.lorrainelee.org](http://www.lorrainelee.org)

## **Hampshire Healthy Families**

The website is produced by the NHS and Barnado's. It includes and it signposts resources which can support parents and children. Its ChatHealth service allows parents in Hampshire to text messages to a school nurse who will respond within one working day.

### **Website**

<https://www.hampshirehealthyfamilies.org.uk/chathealth>

### **Text Number**

07507 332 417

## Young Minds

Their mission is to make sure all young people can get the mental health support they need when they need it, no matter what.

### **Parent Helpline**

0808 802 5544

### **Website**

(for email contact form and live web-chat)

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/#parents-helpline>

### **Phone Number**

0808 802 5544

## Play therapy

### Hampshire Psychology

#### **Website**

[www.hampshirepsychology.co.uk](http://www.hampshirepsychology.co.uk)

#### **Email Address**

[referrals@hspsych.co.uk](mailto:referrals@hspsych.co.uk)

#### **Phone Number**

02381661 208

### Friends of In Touch/Hayley Halford

#### **Website**

[www.friendsofintouch.org.uk](http://www.friendsofintouch.org.uk)

#### **Email Address**

[Hayley.halford@hotmail.com](mailto:Hayley.halford@hotmail.com)

#### **Phone Number**

077 896 91 448

### Sophia's House

#### **Phone Number**

02380405 823





## Young Carers Support

### Hampshire Young Carers Alliance

They offer flexible support to children aged 8 and over, who care for a family member with a long term illness, disability, mental health issue, or substance misuse problem.

#### **Website**

[www.hyca.org.uk/carers-projects/eastleigh-project](http://www.hyca.org.uk/carers-projects/eastleigh-project)

#### **Phone Number**

02380902465

