For NHS approved apps which help support emotional wellbeing, please click on the link below

<https://www.nhs.uk/apps-library/category/mental-health/>

**No Limits**: 02380224224

Email: nolimitshelp.org.uk

**CEOP:** Google CEOP for support with online abuseand have access to a child protection advisor

**Police:** 111 (non-emergency)

**MASH:** 02380 832300 option 2

**CAMHS:** 02381 030061

**Child Line:** 0800 1111

**Shout**: 24 hour Text support for people in a crisis **Text ‘Shout’ to 85258**

**Samaritans:** call **116 123**

**School Nurse text service:** For support from a qualified nurse

**Text ‘Solent Pulse’ to 07491 163278**

Below are some further links for assistance with autism and other support networks

<https://www.autism.org.uk/services/helplines/main.aspx>

<https://www.autismhampshire.org.uk/how-we-can-help/>

<https://youngminds.org.uk/>

<https://www.familylives.org.uk/>

<https://www.reminds.org.uk/>