Service information Sheet

Hampshire

There are multiple services that offer support for young people, parents/carers, and families in Hampshire with needs relating to Autistic Spectrum Condition. Service descriptions and how to refer details as follows:

Wellbeing Support Service

*Age Range: Year R to Year 7*

**The Hampshire County Council Wellbeing Support Service** is commissioned by the NHS to provide much needed early intervention and support for parents of children with Social, Emotional, and distressed behavioural needs related to Autism, Attention Deficit Disorder, Attachment Disorder, anxiety and poor emotional wellbeing.

Families identified as having difficulties such as the above can be referred to the Wellbeing Support Service who will work with parents to identify needs and recommend onward support where appropriate. By providing early, targeted support through a child-centred approach, the service aims to:

* Support parent(s) to enable children to self-manage and maintain good emotional wellbeing.
* Reduce inappropriate diagnosis.
* Support parent(s) to enable children to get the most from their education.
* Promote a healthy home environment and improve family dynamics.
* Promote inclusion in schools.

Access to the service can be made via referrals through GPs, Paediatricians, and other health professionals. The service is aimed at children from Year R through to Year 7, regardless of their education status.



Autism Hampshire Workshops

*Age Range: 5-17 years old*

**Autism Hampshire** has been commissioned to deliver parent support workshops, and school staff training focusing on supporting children and young people with traits of Autism. The service provides insight, advice, and support prior or during an assessment and diagnosis. Each session will explore a different aspect of a child’s unique way of experiencing the world and suggest practical ways in which their differences can be accommodated and supported.

<https://autismhampshire.org.uk/how-we-can-help/training-consultancy/parent-workshops> 

Barnardo’s Family Support

*Age Range: 3-18 years old*

**Barnardo’s Family Support** provides evidenced based parenting support for parents, carers and families who have children aged 3-18 who:

* Have a diagnosis of Autistic Spectrum Condition (ASC).
* Are experiencing mild-moderate conduct disorder.

Parents and carers can self-enrol on to a family support programme or can be referred by a health, education, or early help professional. [[Hampshire and IOW Support for Neurodiverse Families | Barnardo's (barnardos.org.uk)](https://www.barnardos.org.uk/what-we-do/services/hampshire-and-iow-support-neurodiverse-families)](https://www.barnardos.org.uk/what-we-do/services/hampshire-specialist-parenting-support-service)

HPCN

*Age Range: 0-25 years old*

**Hampshire Parent Carer Network** represents parents of children with special educational needs including learning disabilities, physical disabilities, and complex care. The network works with the local authority and the NHS to improve services.  HPCN run ‘Futures In Mind’ Programmes which support parents of children with needs such as anxiety, Autistic traits, low mood and distressed behaviour.  The sessions are regularly attended by CAMHS clinicians who will offer support and advice.  <http://www.hpcn.org.uk>

Hampshire CAMHS Resources

*Age Range: 5-17 years old*

**The Hampshire CAMHS** website offers a wide range of information and resources to support children and young people, their families and professionals regarding social, emotional and mental health needs, including Autistic Spectrum Condition [Autistic Spectrum Condition (ASC) – CAMHS (hampshirecamhs.nhs.uk)](https://hampshirecamhs.nhs.uk/help/professionals/autistic-spectrum-condition/)

BRAAIN

*Age Range: 0-25 years old*

Information Line – The service can help to try to find the support you need. Whether that’s details of the healthcare service you’ll be referred to, details of the support that’s available or social events specifically for families like yours. Further information is available on the service website [ADHD, Autism & Special Needs Information Network | BRAAIN](https://www.braain.co.uk/)

Hampshire Youth Access

*Age Range: 5-17 years old*

Hampshire Youth Access (HYA) provides counselling, information, advice, and support to children and young people aged 5 to 17 across Hampshire free of charge. <https://hampshireyouthaccess.org.uk/>

National Autistic Society

NAS provide free expert advice for families and young people living with autism. They have a dedicated hotline offering support, their lines are open Monday to Friday between 10am and 4pm, 0808 800 4104. You can also find more information on their website, <https://www.autism.org.uk/>.

Portage Support

Portage is a home visiting educational service for families with children from birth to school age, who have additional needs.

[SfYC Portage Support | Children and Families | Hampshire County Council (hants.gov.uk)](https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/childcare/developmentconcerns/portageservice)

KOOTH

Kooth is a digital mental health service available to young people and young adults aged 11-25 living and working in Hampshire and the Isle of Wight. In addition to providing help in relation to accessing support around a wide range of mental health and other conditions, including Autism and other neurodiverse conditions. Kooth can also help young people access counselling support if they need it, though you do have to register for the service.

<https://www.kooth.com/home>

Directory Services

Healthier Together

The Healthier Together programme relies upon patients and healthcare professionals working together to improve how local healthcare is delivered. The website provides advice for parents, young people and pregnant women, and clinical resources to support healthcare.

[Healthier Together (what0-18.nhs.uk)](https://www.what0-18.nhs.uk/)

FISH/Local Offer

The Local Offer website offers information and services available in Hampshire for children and young people (birth to 25) who have Special Educational Needs and/or Disabilities. It includes information about education, health, social care, preparation for adulthood, leisure services and impartial information advice and support.

[Family and Information Services Hub/Local Offer](https://fish.hants.gov.uk/kb5/hampshire/directory/localoffer.page)