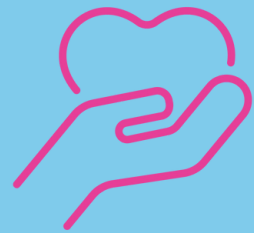


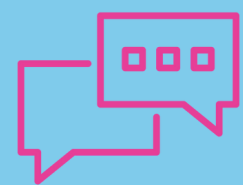
# Youthwatch Hampshire



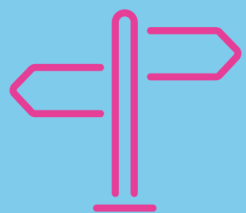
**Friend in  
Need**



The Project Friend in Need was created by Youthwatch.



When gathering feedback from their peers they noticed there was a common theme.



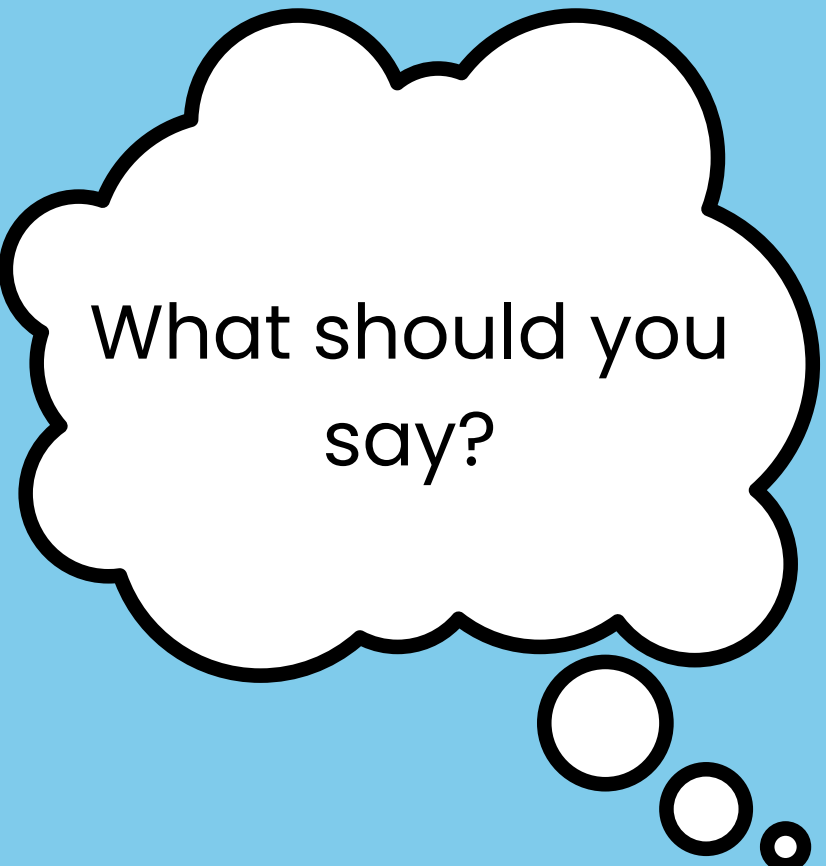
Young people told Youthwatch that they sometimes see their peers struggling with their mental health, but they are not sure what to do about it.

A large white thought bubble with a black outline and three smaller circles leading to it from the bottom left.

Should you tell someone?

A large white thought bubble with a black outline and three smaller circles leading to it from the bottom.

Should you say something?

A large white thought bubble with a black outline and three smaller circles leading to it from the bottom right.

What should you say?

Youthwatch started in 2023, with the aim of finding out what children and young people aged 14-21 experience when using local services like doctors, dentists and hospitals.

We are part of Healthwatch Hampshire and work alongside them to ensure all views are heard and that local decision makers hear from all corners of our County

We spoke to young people and collected ideas around how they would help a friend in need

We looked at how we can potentially have those difficult conversations with our friends

We have put together some suggestions on how you could start a conversation with someone who might be struggling with their mental health

We have included a list of support organisations that young people suggested to direct their peers to the right place for information and advice

These resources are aimed for students at secondary school and college

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It can be difficult to know what to do  
when you see a friend or peer  
struggling with their mental health.

Lots of questions may arise...

# What should I do?



What should I do?

What should I say?



What should I do?



What should I say?

What if I make it worse?



What should I do?



What should I say?

What if I make it worse?

Should I do nothing?

What should I do?



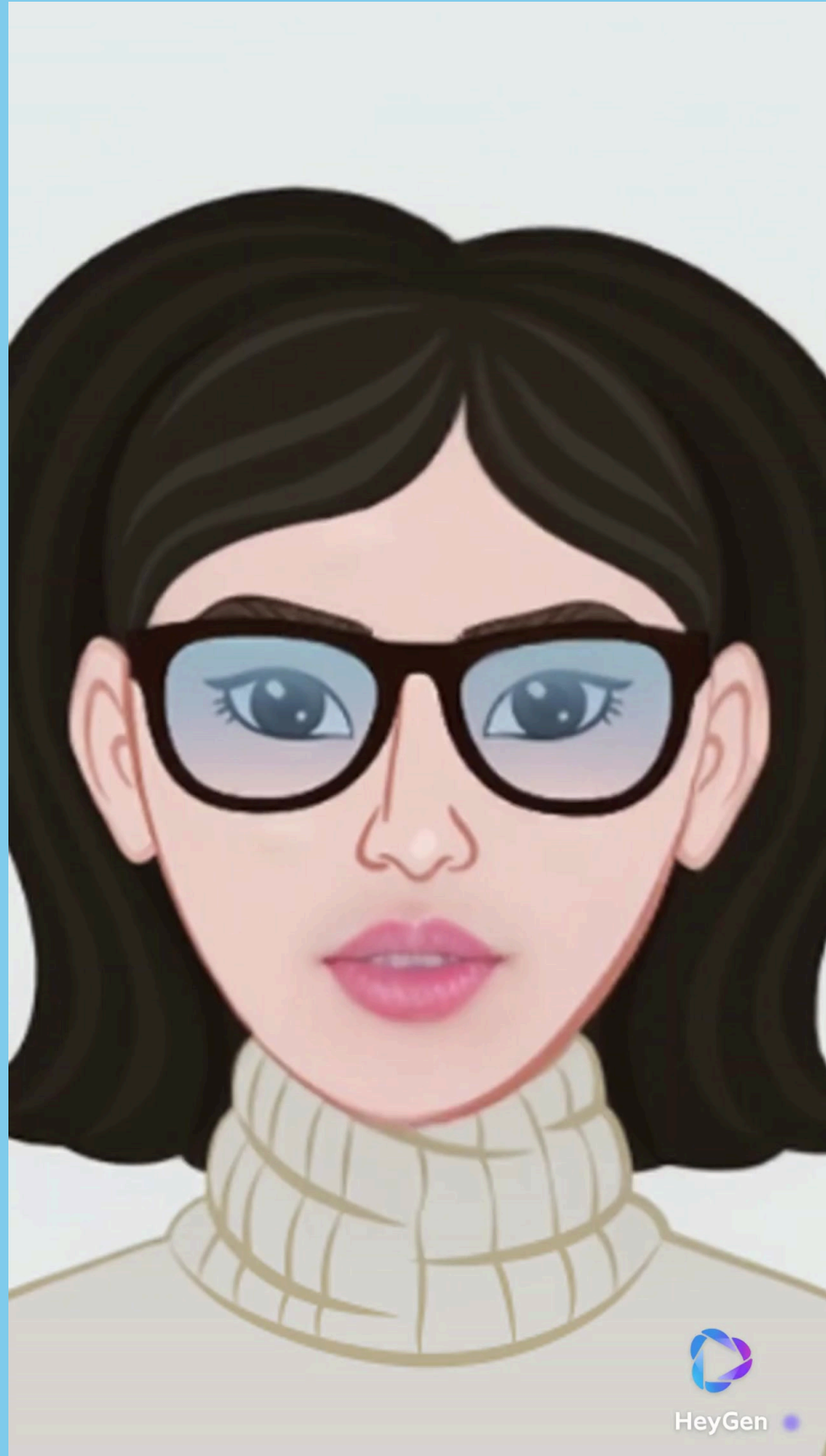
What should I say?

What if I make it worse?

Should I do nothing?

Should I speak to them or  
message them?

Here are some conversation  
starters that may help...



Is there anything I  
can do for you?

I know this is  
hard for you,  
take your time.





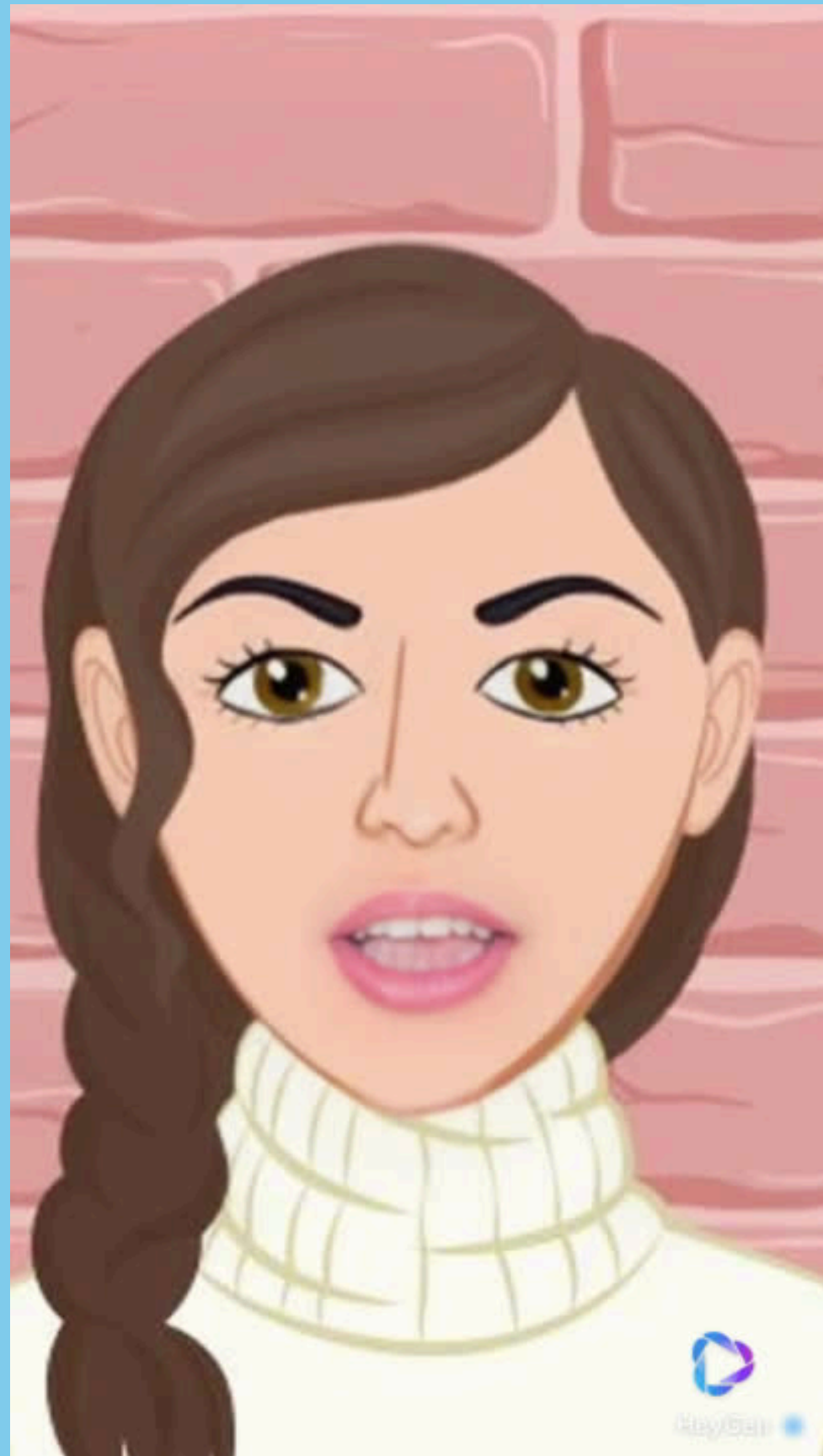
What's the best thing I can do for you right now?

Feel free to talk.  
You're safe here.



We think it's important to give some  
reassurance...





I'm here for you and  
your feelings are valid

You are not alone. You don't need to apologise. I am here to listen and support you.



Let's slow down and  
breathe in a second



Let me know  
what you need,  
when you can.



# More conversation starters...



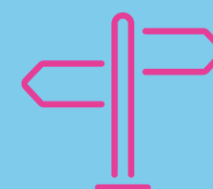
I want to be here to support you



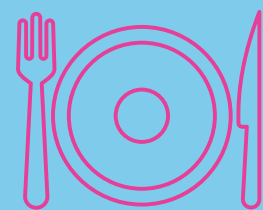
Would you like to go on a walk and talk about it?



How can I support you?



Have you thought about reaching out for professional help?



Have you eaten?



How are you feeling?



Is there anything bothering you?

# How to approach a person you think is struggling with their mental health

- Use one of the conversation starters to get chatting
- Offer to do an activity as a distraction to allow them to open up to you
- Actively listen to them without judgement or criticism
- Make a mental note of what they are saying to identify potential symptoms, triggers or behaviours
- Ask them how best to support them
- Ask whether there is anything you should be aware of
  - e.g triggers or behaviours when they are feeling a certain emotion so you can look out for them and act accordingly

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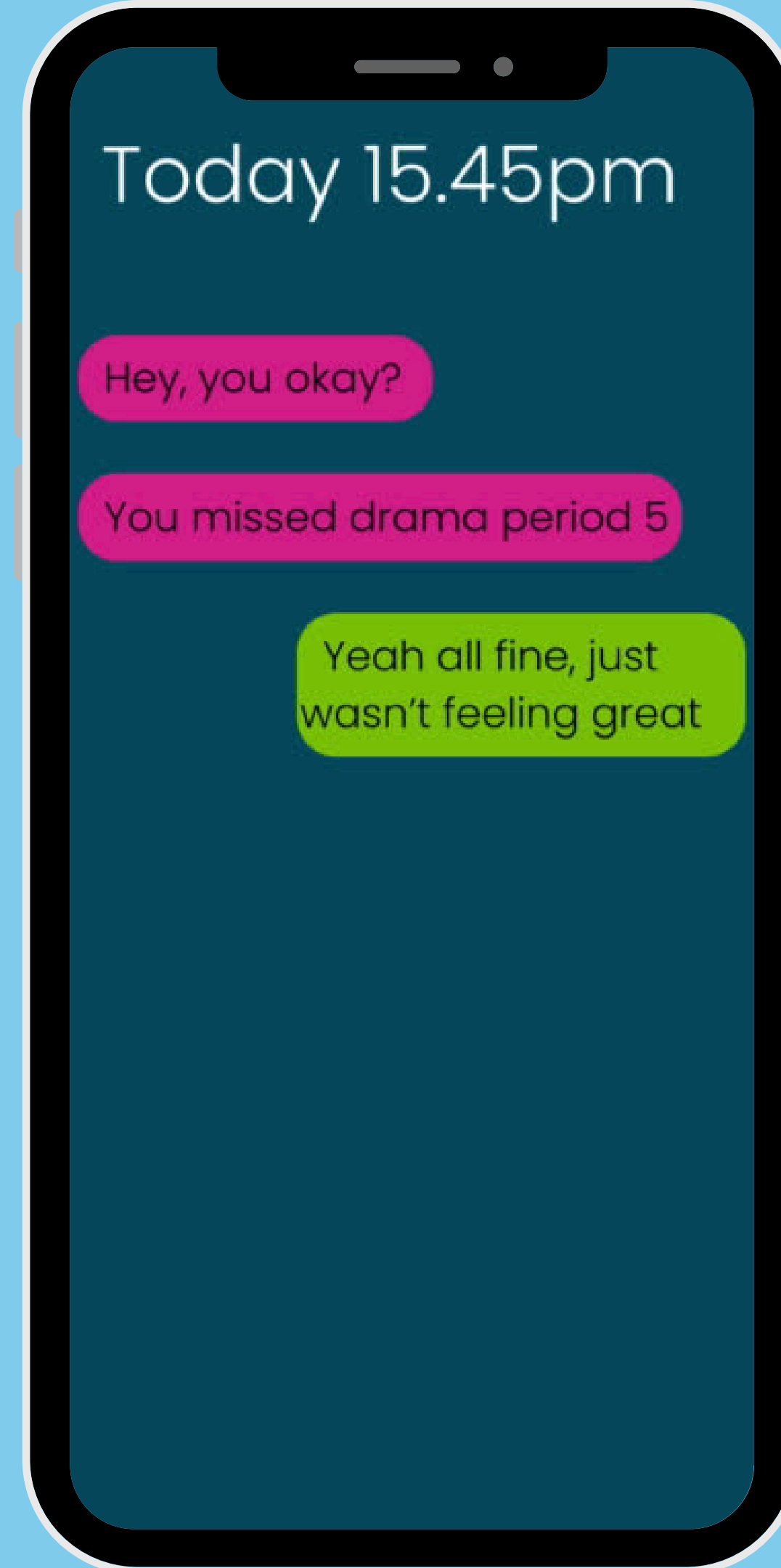
# More ways to approach a person you think is struggling with their mental health



- Tell them you are concerned about them
- Encourage them to get professional support
  - You are there for them, but you are not qualified as a therapist
- Check up on them frequently so they can build up a rapport with you
  - Trust is very important for a person struggling with their mental health
- Congratulate them whenever they achieve something
  - This demonstrates that you care for them and shows how they are moving forwards



We discovered many  
of our peers liked to  
communicate  
through texting



# How to approach a person you think is struggling with their mental health

6

“I have noticed ‘X’ recently,  
is everything okay?”

I have been concerned  
about... it would be really  
great to reach out for  
support”

9

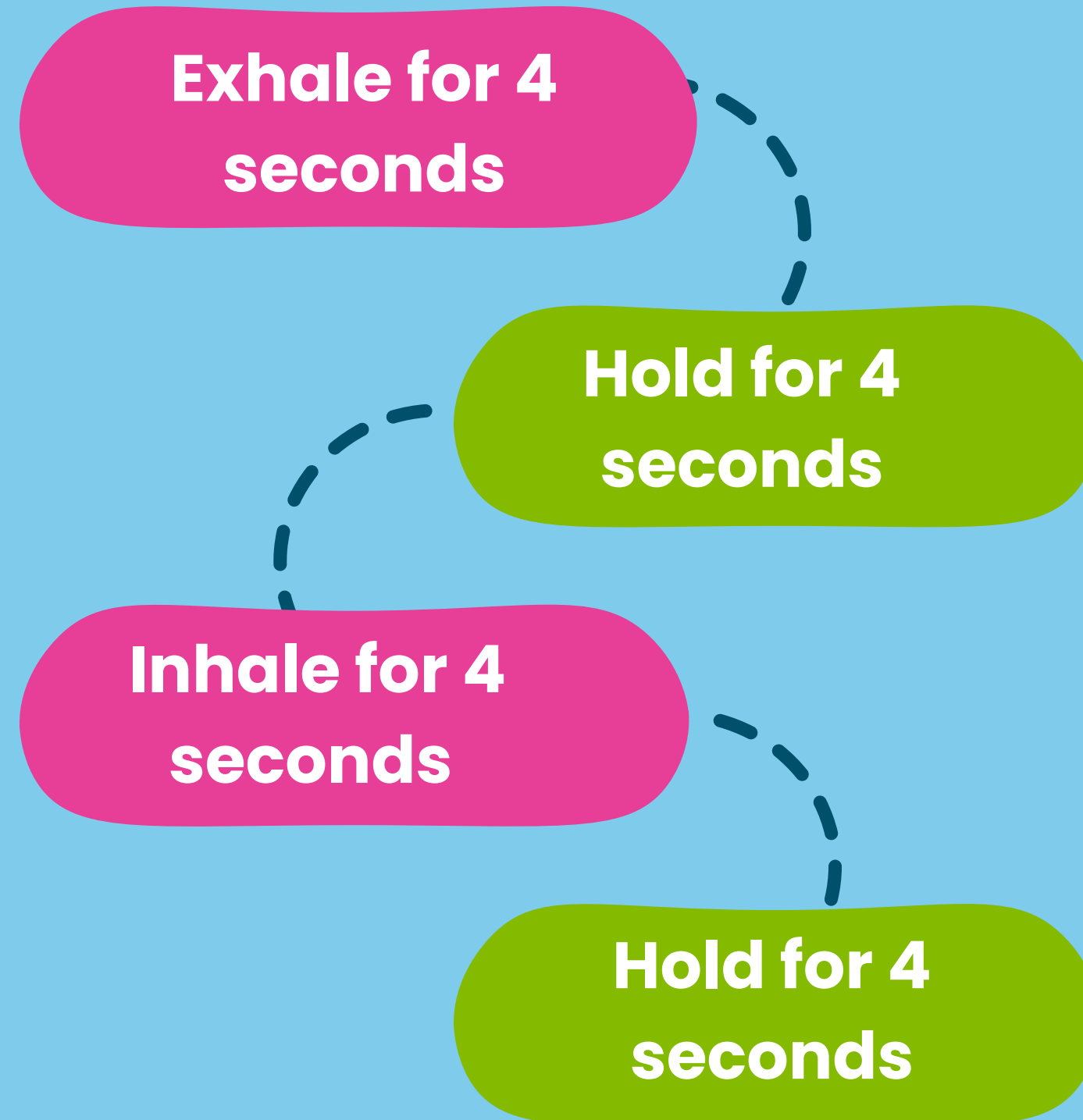
# Top tips young people shared



- Journal your thoughts
- Try meditation
  - Every Mind Matters - [How to meditate for beginners](#)
- Focus on what you can change, rather than what you can't
- Grounding techniques such as box breathing

# Box breathing method

Relax your  
body



Repeat

# Suicidal thoughts

## Definiton

“Suicidal thoughts or suicidal ideation means thinking about or planning suicide. Thoughts can range from a detailed plan to a fleeting consideration.” ([NHS, 2023](#)).

If you are concerned about someone who may be having suicidal thoughts it is really important to tell a trusted adult or a teacher. Also, make sure you are looking after your own mental wellbeing as supporting someone else can feel overwhelming. It's ok to seek support too.



# Suicidal thoughts

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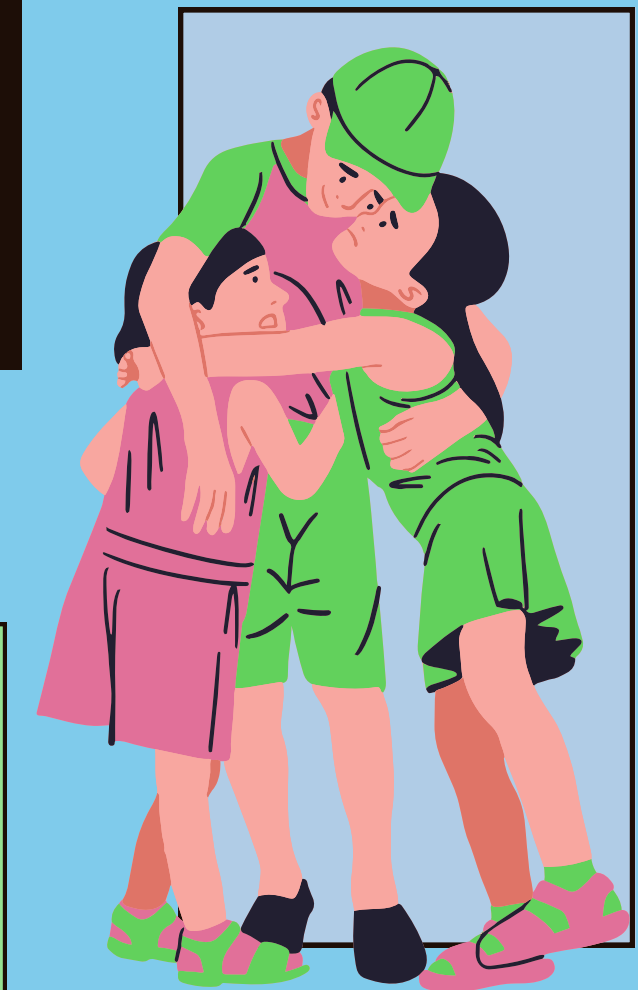
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# What help is available?

- Support through **your GP** who can refer you to talking therapies or other specialist services
- **NHS 111** mental health triage
- Crisis services such as
  - **Samaritans** (Call 116 123)
  - **SHOUT** (Text HANTS to 85258)
  - **HOPELINE247** (Call 0800 068 4141)







# Local resources available to Young People



## Hampshire CAMHS

Extensive resources for young people with tips and information about things you may be experiencing or having difficulties with

## No Limits Help

Free info and advice to people under 26 in Hampshire - mental health, housing, sexual health, substance use, money and more

Safe havens in North East Hampshire & Farnham + Southampton

## The Moving On Project

Improve emotional health and wellbeing of people 16-25 in Fareham, Gosport and surrounding areas

## Kooth

Free anonymous online counselling and emotional support service for people 11-25 years in Hampshire

## Shout

Text HANTS to 85258 for free, confidential 24/7 text message support

## Hampshire Youth Access

Partnership of agencies providing counselling, mental health and emotional wellbeing advice and support to children and young people aged 5-17

## Solent Mind

Mental health support services in South Hampshire, New Forest, Winchester

- Self harm support hub for young people
- Heads up - educational project run in schools, colleges and universities in Southampton and New Forest
- NHS talking therapies

## Havant and East Hants Mind

Mental health support for young people in Havant and South East Hants

- Safe haven at the Pallant Centre, Havant
- The Lighthouse Project - drop in youth club style service

## Andover Mind

Mental health support for 11-17 year olds in and around Andover

- Drop in sessions
- Music therapy

# Local resources available to Young People



## Simon Says

Bereavement support for young people

## Safe New Futures

Youth programmes 16-25 to empower people via CBT and pre employment training

## Lets Talk About It

Sexual Health services

## Hampshire Young Carers Alliance

Group of 10 young carers services across Hampshire

## Stepping Stones

Supporting young people with Down Syndrome in Hampshire and more

## Y Services for Young People

Youth work in the community - Fareham, Gosport, Havant, Winchester, Portsmouth

## Autism Hampshire / National Autistic Society South Hampshire Branch

## Family Information and Support Hub

Directory of information, advice and support services

## Koala Club

Support for local neurodivergent people and people with learning disabilities

## Chat Health service

School nurses can give advice on a range of health and wellbeing issues  
Text 07507 332160

## Solent Youth Action

Supporting vulnerable young people aged 10-25 in South Hampshire with disabilities, mental health issues, young carers & young offenders

# Wider resources available to Young People

## Beat

Support for people with an eating disorder

## Samaritans

Open 24/7 to talk about concerns and worries  
116 123

## PAPYRUS

Hopeline 0800 068 4141  
For people under 35

## Action for Children

Practical and emotional care and support

## Barnados

Young Minds  
Help and advice

## Campaign Against Living Miserably (CALM)

Need help, worried about someone or struggling to cope

**FOR MORE USEFUL CONTACTS - MIND  
HAS A LIST FOR 11-18 YEAR OLDS**

## FRANK

Confidential advice and info about drugs

## Youth Access

Advice and counselling network for young people

NHS Every Mind Matters  
Wellbeing and mental health tips

## The Mix

Support and advice under 25s eg crisis messenger

## Alumina

Free online self harm support for 10-17 year olds

## OCD Youth

Helpline, online support groups and info

## No Panic

Support for young people experiencing panic attacks and OCD

## Anxiety UK

Advice, support and info for people who experience anxiety

## Galop UK

Supporting LGBTQ+ young people experiencing or worried about abuse

## Voice Collective

Info and support for under 25s who hear voices or experiences visions

**Thank you for reading this resource, we hope you have found it useful.  
Don't forget that looking after your own mental health is very important.**

**If you are worried about the safety of a friend please tell someone such as a trusted adult or a teacher.**

**If you are a young person interested in being involved in Youthwatch please get in touch with Tim at [tim.crowhurst@healthwatchhampshire.co.uk](mailto:tim.crowhurst@healthwatchhampshire.co.uk) or fill in our form.**



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