

Useful contacts for support

Primary Behaviour Support Service – wellbeing

[Primary Behaviour Service - Parents \(hants.gov.uk\)](https://hants.gov.uk/primary-behaviour-service-parents)

Support your child with mental health, sleep and behaviour.

Child and Adolescent Mental Health Service

[Parents & Carers – CAMHS \(hampshirecamhs.nhs.uk\)](https://hampshirecamhs.nhs.uk/parents-carers)

NSPCC

www.nspcc.org.uk/

If you are a parent or carer looking for advice, whatever your worry – call the NSPCC on **0808 800 5000**, You can also email or submit an online form for help.

Safe4Me

Advice on keeping children safe

[Parent/Carers – Safe4Me](https://www.safe4me.org.uk/parent-carers)

Barnardo's parenting support

<https://www.barnardos.org.uk/what-we-do/services/hampshire-specialist-parenting-support-service>

The You Trust

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

You Trust are a Hampshire wide service which specialise in domestic abuse, including sibling abuse. The department for children is called 'You First'.

Family lives

Parenting and Family Support

www.familylives.org.uk/

Helpline 0808 800 2222,

email service at askus@familylives.org.uk

Autism Hampshire

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

If your child has been diagnosed with ASD traits, Autism Hampshire is the specialist in this area and can be contacted for more expert advice.

Young Minds

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

If you are worried about your child's mental health, speak to experts on the helpline:

0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)

or email the Parents Helpline using the contact form.

Food support



<https://romsey.foodbank.org.uk>

Romsey is open on Tuesday, Wednesday and Thursday mornings (10.30am - 12.30pm)

North Baddesley is open on a Friday morning (10.00am - 12.00pm)

In an emergency food crisis please phone 07761 405 870

Romsey Foodbank
Freedom Centre
Unit 6, Greatbridge Business Park
Budds Lane
Romsey SO51 0HA

Contact the school if you require a referral to foodbank



Based at the Romsey Community School
is the Romsey Community School Pantry.

For £5 get £15 worth of food
