



What can Hampshire Futures offer?

We can help if you are struggling to get into work, education, or training.

We can:

- Offer you 1-to-1 support and mentoring from a progression coach.
- Help you to develop employability skills e.g., CV writing, interview preparations, application completion.
- Offer you support to understand the full range of opportunities that are available to you, like college, employment, apprenticeships, traineeships, supported internships etc.
- Help you to support you to access personal development opportunities e.g., CSCS Card, King's Trust.
- Offer other support such as travel training and confidence building.

Support for SEND

Children and young people with SEND (Special Educational Needs and Disabilities) have the same ambitions as their peers, which is why we provide them with appropriate and targeted support.

Our [SEND employment and independence hubs](#) bring together workplace and non-workplace learning to develop a flexible programme which focuses on the elements that SEND young people need to gain independence and skills that maximise progression into sustained employment.

[Hampshire Futures Website](#)

Our website is full of lots of useful resources that may help you, including:

Interactive Careers Videos – videos where you can explore your career ideas and learn about the different roles that your interests can take you.

Employability Skills - there are lots of resources available to help you with things like CV writing and creating covering letters.

Useful Websites – we have done the hard work for you and found some brilliant websites that can help you in lots of ways. Some of these include quizzes and others are more subject focused.

Youth Voice - Feedback from a young person we've supported:

"I appreciate all that you've done for me, you have really listened to me & helped my confidence grow. I can't thank you enough."





Getting Ready to Start or Going Back to College

Whether you're starting college for the first time or returning after a break, it's completely normal to feel a mix of excitement and nerves. The good news is—you're not alone. These tips are here to help you feel more confident, prepared, and ready to take that next step. If you'd like support exploring your options or talking things through with someone, we're here to help.

Email us at: careers.service@hants.gov.uk

A member of our team will be happy to chat with you and guide you through your next steps.

Planning & Preparation

- **Visit the campus early:** Knowing where things are can ease first-day nerves.
- **Sort your travel:** Plan your route and check if you're eligible for travel support.
- **Get your essentials ready:** Bag, notebook, pen, ID—having the basics helps you feel prepared and making sure you get your essentials packed the night before.

Learning & Skills

- **Don't worry about being "behind":** Everyone starts somewhere, and support is available.
- **Use free tools to prep:** Try apps like BBC Bitesize, Khan Academy, or YouTube for brushing up on subjects.
- **Ask for help early:** Tutors, support staff, and classmates are there to help—not judge.

Social & Emotional Support

- **Connect with others:** Join groups or chat with classmates—you're not alone. Remember your there to learn this is the priority, If you make likeminded friends, it's a bonus!
- **Use college support services:** Most colleges offer wellbeing, financial, and learning support.
- **Be kind to yourself:** Progress takes time. You're doing something brave by showing up.

Mindset & Motivation

- **You belong there:** College is for everyone—there's no "right" path or timeline.
- **Start small:** Focus on getting through the first week, then build from there.
- **Think about your "why":** Whether it's a career goal, personal growth, or just trying something new—your reason matters.

Wellbeing & Confidence

- **Take care of yourself:** Sleep, food, and movement help you stay focused and feel better.
- **Celebrate small wins:** Attending class, asking a question, or making a new friend—these are all achievements.
- **Talk about your worries:** It's normal to feel anxious. Sharing it can make it easier to manage.



Upcoming Open Days For Those Considering College For September 2027 (North Hampshire)

<u>Aldershot Construction College (FCoT)</u>	15th October 19th November
<u>All Hallows Catholic School and Sixth Form</u>	24th September
<u>Alton College</u>	8th October 17th October
<u>Andover College</u>	26th September 12th November
<u>Basingstoke College of Technology (BCoT)</u>	12th October 21st October
<u>Bishop Wordsworth's Sixth Form</u>	8th October
<u>Bohunt Sixth Form (Liphook)</u>	Contact 6th Form directly
<u>Bracknell & Wokingham College (Activate Learning)</u>	14th October 14th November
<u>Eastleigh College (South Hampshire College Group)</u>	13th October
<u>Farnborough College of Technology (FCoT - Farnborough Campus)</u>	13th October 14th October 18th November
<u>Farnham College (Activate Learning)</u>	22nd October 21st November
<u>Guildford College (Activate Learning)</u>	10th October 18th November
<u>Itchen Sixth Form College</u>	8th October 10th October
<u>Merrist Wood College (Activate College)</u>	7th October 14th November

Thinking about college? Come to an Open Day to explore your options, check out the campus, meet tutors and students, and learn more about different courses. Whether you know what you want to do or are still figuring it out, an Open Day can help you feel confident about your next step.

Before you head to an Open Day, make sure you check the college website for the latest start time.

<u>MPCT Military Academy (Aldershot)</u>	Every Friday at 1pm - <u>Book Here</u>
<u>Newbury College</u>	Look at website for dates
<u>Peter Symonds College</u>	30th September 1st October
<u>Queen Mary's College</u>	23rd September 1st October
<u>Reading College (Activate Learning)</u>	10th October 11th November
<u>Salisbury 6th Form College Open Events</u>	8th October 10th November
<u>South Wilts Grammar School and Sixth Form</u>	6th October 15th October 19th November
<u>Sparsholt College</u>	3rd October
<u>The Sixth Form College Farnborough</u>	6th October
<u>Wiltshire College & University Centre (Salisbury Campus)</u>	8th October 21st November
<u>Yateley School and Sixth Form</u>	14th October



Upcoming Open Days For Those Considering College For September 2027 (South Hampshire)

Planning to visit an Open Day? Some colleges require you to book ahead, so don't miss out and secure your place early.

<u>Arnewood Sixth Form</u>	13th October
<u>Barton Peveril Sixth Form College</u>	23rd September
	24th September
<u>Bay House Sixth Form</u>	8th October - <u>Book Here</u>
<u>Bitterne Park Sixth Form College</u>	14th October
<u>Bournemouth and Poole College</u>	1st October - <u>Book Here</u>
<u>Brinsbury College</u>	10th October
<u>Brockenhurst College</u>	30th September
	17th October
	21st October
<u>Marchwood Construction & Marine Technologies Centre</u>	4th November
<u>Beauty & Complimentary Therapies (Ultima)</u>	12th November
<u>Burgate Sixth Form</u>	14th October
<u>Chichester College</u>	6th October - <u>Book Here</u>
	7th November - <u>Book Here</u>
<u>Christ The King College Sixth Form</u>	11th November
<u>City of Portsmouth College (North Harbour, Sixth form and Highbury campuses)</u>	14th October (all campuses) - <u>Book Here</u>
	15th October (all campuses) - <u>Book Here</u>
<u>Alton College</u>	8th October
	17th October
<u>Havant College</u>	30th September
	3rd October
	7th November
<u>South Downs College</u>	6th October
	7th October
<u>Itchen College</u>	8th October
	10th October
<u>MPCT (Portsmouth & Totton sites)</u>	Date to be confirmed (Friday visits can be booked over the phone)

<u>Oaklands Sixth Form</u>	15th October
<u>Peter Symonds College</u>	30th September
	1st October
<u>PETA (Apprenticeships)</u>	18th March 2027 - (Booking details released in Jan 27)
<u>Richard Taunton Sixth Form College</u>	30th September - <u>Book Here</u>
	13th October - <u>Book Here</u>
<u>Ringwood Sixth Form</u>	12th November
<u>SETA (Apprenticeships)</u>	7th November - Taster Day
<u>CETC - South Hampshire College Group</u>	10th November - <u>Book Here</u>
<u>CEMAST - South Hampshire College Group</u>	
<u>Eastleigh College</u>	13th October - <u>Book Here</u>
	11th November - <u>Book Here</u>
<u>Fareham College</u>	15th October - <u>Book Here</u>
	19th November - <u>Book Here</u>
<u>Southampton College</u>	21st October - <u>Book Here</u>
	19th November - <u>Book Here</u>
<u>Sparsholt College</u>	3rd October - <u>Book Here</u>
	7th November - <u>Book Here</u>
<u>St Anne's Sixth Form</u>	7th October
<u>St Vincent College</u>	22nd October
<u>Steve Willis Training Centres (Apprenticeships)</u>	29th October - <u>Book Here</u>
	14th November - <u>Book Here</u>
<u>The Isle of Wight College</u>	7th November
<u>Totton College</u>	13th October
	19th November
<u>UTC Portsmouth</u>	14th October - <u>Book Here</u>
	7th November - <u>Book Here</u>



Apprenticeship Vacancies September 2026

Basingstoke and Deane Area

ICT Apprentice – Involve Selection

Do you love technology? Do you get satisfaction from fixing things and helping people out? If you're looking for that next step and want to develop your skills then a career with us could be just what you're looking for! We need talented people to join our fantastic team. **Closing Date: Friday 25th September.**

Linde Sales Apprentice – Linde Material Handling

Kick-start a rewarding career with Linde Material Handling. Our two-year Sales Development Programme combines practical experience, mentoring, and formal learning to help you become a confident sales professional. Join a global business, make an impact, and build a long-term future with the KION Group. **Closing Date: Friday 25th September.**

Nursery Apprentice – Daisy Chain Nursery

Friendly, local nursery (part of a small chain) in Basingstoke is looking for Level 3 Nursery Apprentice to join their team. You will be involved in creating a warm, friendly, and stimulating atmosphere in which the children can develop emotionally, socially, and educationally. **Closing Date: Sunday 4th September.**

East Hants Area

Commis Chef apprentice – The Temple Inn (Liss)

We're looking for someone who has an interest in good quality food and cooking, who can work in a fast-paced environment. You'll play a key role in our kitchen, preparing and serving our fresh food, working as part of a team, helping to keep our restaurant thriving and our customers happy.

Closing Date: Wednesday 30th September.

Apprentice Dental Nurse (Petersfield) – Damira Dental Studios

The apprenticeship in dental nursing is an 18-month government funded course by City & Guilds, a Level 3 Extended Diploma. Alongside your learning your job role within the practise will entail assisting dentists, sterilising & preparing equipment, reception duties and supporting patient experience. **Closing Date: Wednesday 14th October.**

Heritage Engineering Technician Apprenticeship – Vintage Bentley

Apprentice position working with Vintage Bentley which was established 30 years ago as a specialist working exclusively on the W.O Bentley's made between 1922 and 1932. You will be working with an experienced team of 25 highly skilled staff servicing, repairing, restoring and making parts, including CNC and manual machining. **Closing Date: Wednesday 30th September**

Eastleigh Area

Apprentice Legal Support Assistant – Blake Morgan LLP

This role will provide administrative support to lawyers within the South Coast and London Succession and Tax Teams and the wider Business Group. Responsibilities will include, but not be limited to: - Post - Enquiries – Documents - Management and retrieval from storage - File inception - File Closure - General Support. **Closing Date: Wednesday 30th September.**

Mechanical Apprentice – EMCOR (UK)
Deliver professional HVAC, M&E, and control system services. Support mechanical work delivery, assist site supervisors, and ensure projects are completed efficiently, effectively, and to high standards. Maintain compliance with regulations while working collaboratively to meet customer satisfaction. **Closing Date: Friday 25th September.**

Nursery Apprentice – St James Park Road Nursery

Friendly, local nursery in Shirley, Southampton are looking for a Level 3 Nursery Apprentice to join their team. You will be acting as key worker to a small group of children and recording observations and planning for them. **Closing Date: Sunday 4th October.**



Apprenticeship Vacancies September 2026

Havant Area

Early Years Apprentice – Bright Beginnings Nursery

A friendly nursery in Denvilles, Havant is looking for a Level 3 Nursery apprentice to join their team. Work and interact directly with children on a day-to-day basis, supporting the planning of and delivery of activities, assisting with meeting the personal and emotional needs of individual children. **Closing Date: Sunday 4th October.**

Apprentice Bar and Waiting – Heron (Havant)

The Heron pub is tucked away in the cosy Hampshire town of Havant. Our Hungry Horse menu is filled with your favourites, plus seasonal surprises and exciting new additions. Enjoy a juicy stacked burger or get those taste buds tingling with a flavourful feast from our sizzling grill. **Closing Date: Friday 9th October.**

Nursery Apprentice – Green Roots

Do you have a genuine passion for leading and nurturing young learners, coupled with proven experience managing a nursery effectively? WMC Training is seeking a dedicated Nursery apprentice to join the professional, rewarding, and supportive team in Southbourne (PO10). **Closing Date: Saturday 26th September**

Gosport Area

Early Years Apprentice – Dinky Ducks Day Care

A friendly nursery in Gosport is looking for a Level 3 Early Years Apprentice to join the team. The successful candidate will work and interact directly with children on a day-to-day basis supporting the planning of and delivery of activities. **Closing Date: Sunday 4th October.**

Apprentice Dental Nurse – Fareham Road Sugery

The apprenticeship in dental nursing is an 18-month government funded course by City & Guilds, a Level 3 Extended Diploma. Alongside your learning your job role within the practise will entail assisting dentists, sterilising & preparing equipment, reception duties and supporting patient experience. **Closing Date: Friday 9th October.**

Early Years Apprentice – Rosie's Little Blessings

Friendly, local nursery in Gosport, Hampshire is looking for a Level 2 Nursery Apprentice to join their team. Work and interact directly with children on a day-to-day basis, supporting the planning of and delivery of activities. **Closing Date: Sunday 4th October.**

Fareham Area

Nursery Apprentice – Turtles Day Nursery

Friendly, local nursery in Fareham is looking for a Nursery Apprentice to join their team. You will work and interact directly with children on a day-to-day basis, supporting the planning of and delivery of activities. **Closing Date: Sunday 4th October.**

AAT Finance Assistant Apprentice – Saltus Partners

Kickstart your career today with a Level 3 AAT apprenticeship with Saltus Partners LLP and Kaplan. You will be dealing with bank transactions, balance sheet reconciliations and assisting with audit queries whilst working towards the AAT Level 3 qualification. **Closing Date: Friday 9th October.**

Early Years Apprentice – Oliver's Rainbow Nursery

This friendly nursery in Portsmouth is looking for a Level 3 Early Years Apprentice to join the team. Work and interact directly with children on a day-to-day basis supporting the planning of and delivery of activities. **Closing Date: Sunday 4th October.**

Early Years Apprentice – Whiteley Pre-School

A friendly, preschool in Whiteley, Hampshire is looking for an Early Years Apprentice to join their team. The successful candidate will work and interact directly with children on a day-to-day basis supporting the planning of and delivery of activities. **Closing Date: Sunday 4th October.**



Apprenticeship Vacancies September 2026

Hart Area

[Apprentice Kitchen Team Leader](#) – Ely (Yateley)

The Chef and Brewer collection brings together beautiful, cosy country-style pubs where everyone feels at home. We take great care in creating seriously good pub food and expertly curated drinks served by our friendly and knowledgeable team. Customers visit us to get a break from the stresses of life. **Closing Date: Tuesday 6th October.**

[Early Years Educator Apprentice \(Oak Tree Day Nursery, Finchampstead\)](#) –

Little Garden Day Nursery

Are you looking to develop your career within childcare? Come and join our fun and dynamic team! Develop your early years career with this fantastic opportunity in a growing, ambitious company, providing care, education and compliance for children to the highest standard. Competitive salary, uniform and lunch provided, plus other benefits. **Closing Date: Friday 25th September**

New Forest Area

[Case Manager & Apprentice Mortgage Adviser](#) –

Knightwood Mortgages

Start an exciting career in mortgage advice with a growing, client-focused mortgage and protection brokerage as a Mortgage Adviser Apprentice. You will gain hands-on experience and industry-recognised qualifications through a fully funded apprenticeship, while receiving structured support to progress towards becoming a Mortgage Adviser. **Closing Date: Friday 9th October.**

[Open Spaces Grounds Maintenance Apprentice](#) –

Lymington and Pennington Town Council

We are looking for an apprentice to join our established parks and open spaces team, to gain experience across a wide range of sites to help provide the best quality open spaces for people to enjoy. **Closing Date: Saturday 26th September.**

Test Valley Area

[Level 2 Equine Groom Apprentice](#) –

Home Farm Stables

This is an excellent opportunity for someone who is confident and competent around horses and has a genuine passion for riding and horse care. The successful candidate will gain practical experience while working towards their Equine Groom qualification as an apprentice. **Closing Date: Thursday 24th September.**

[Apprentice Dental Nurse](#) – Alice Martin

The apprenticeship in dental nursing is a 12-month government-funded course by City & Guilds, a Level 3 Extended Diploma. Alongside your learning, your job role within the practice will entail assisting dentists, sterilising & preparing equipment, reception duties and supporting patient experience. **Closing Date: Thursday 10th December.**

[Equine Apprentice](#) – First Wave Equestrian

This is a rare opportunity, to work and train with an elite yard, rider and horses. The horses are a mixture of youngstock, world class dressage horses and livery horses. This is in a rural setting with no public transport. This is a non-riding position. **Closing Date: Thursday 1st October.**



Apprenticeship Vacancies September 2026

Rushmoor Area

AI Quality Improvement

Apprentice – Projecting Success

An AI-first development role for someone who is genuinely passionate about emerging technology and wants to apply it to real business challenges. You will work within the Quality Team while also helping Projecting Success identify practical opportunities to use AI and automation to work smarter and grow. **Closing Date: Wednesday 30th September.**

Early Years L3 Apprenticeship (Camberley) – The Little Sweethearts Nursery

We have a fantastic opportunity for an aspiring apprentice to join our team. We are looking for enthusiastic individuals who are ambitious and want to gain playworker qualification while getting experience. You'll create meaningful relationships with the children, your team and with parents. **Closing Date: Thursday 1st October.**

Apprenticeship Search Sites

The following sites help you find the ideal apprenticeship for you. It does not matter what qualifications you have. There is an apprenticeship for everyone. All vacancies listed in this Newsletter have been sourced from [Find an Apprenticeship](#), where you can find others in your area.

To look for courses you may be interested in check out, [Apprenticeships](#).

Winchester Area

Apprentice Chef – Royal Oak

Historic pub considered to be one of the oldest in England, with parts of the building dating back as far as 1002 AD when it was the residence of Queen Emma. Hidden down a cobbled passage, the low ceiling beams and wood-panelled walls feel like a true celebration of the building's rich heritage. **Closing Date: Wednesday 7th October.**

AI Digital Growth Apprentice – Projecting Success

An AI-first development role for someone who is genuinely passionate about emerging technology and wants to apply it to real business challenges. You will work within Sales & Marketing while also helping Projecting Success identify practical opportunities to use AI and automation to work smarter and grow. **Closing Date: Wednesday 30th September**

Childcare Apprenticeship – Childbase Partnership

Fun is an essential ingredient in all Childbase Partnership nurseries, where the care and education opportunities for every child are as extraordinary as our colleagues who provide them. This is your opportunity to be part of the fun and join us as an apprentice at our West Downs Day Nursery in Winchester. **Closing Date: Sunday 27th September.**

Job Hunting Websites

Job hunting isn't an easy task, especially when you don't know where to start.

Below are some of the top Job-Hunting Sites to help you start your search.

[Indeed](#), [Jobsite](#), [REED](#), [Total Jobs](#).





King's Trust Opportunities September 2026



Hampshire
County Council

Hampshire Futures

[Get Started with Boxing | 21st - 25th September | Southsea \(in-person\)](#) and [26th-30th October | Southampton \(in-person\)](#)

Looking to explore an interest in boxing and start setting yourself goals?

On our free Get Started with Boxing course, you'll learn fundamental boxing techniques that will help you build your skills – with support from inspirational experts. You'll also explore how fitness can benefit your mental health.

Working with a group of like-minded people, you'll discover your strengths, take on challenges and grow your confidence.

You'll benefit from one-to-one support to decide on next steps towards achieving your goals. And you'll receive up to 3 months' support after the course finishes to help you take those steps!

Gain skills and confidence with Olympic champion, Nicola Adams 🙌

Learn why Trust Ambassador and Olympic champion Nicola Adams OBE decided to launch the Get Started with Boxing course.

[Team programme | 14th October-11th December | Portsmouth \(in-person\)](#)

Ready to open up new paths towards work or learning?

Join Team, our free 12-week personal development programme, to gain valuable skills and experience, earn a qualification, and boost your confidence. The programme is designed to take your confidence sky-high and prepare you to take the next steps into work, education or training.

Here's what you'll get out of the Team programme:

- Take part in an action-packed week of activities, which could be a residential trip, where you'll get to know the other people in your team.
- Make a positive difference in your community by working together on a group project.
- Get two weeks' work experience in a profession or organisation that interests you.
- Earn a nationally recognised qualification, and develop your English, maths, communication and teamwork skills.
- Receive support to write a standout CV, and learn how to impress in an interview.

Twelve weeks may sound like a long time, but the programme flies by. You won't believe how far you've come when you share your journey at the final celebration.

[Explore Programme | Southsea \(in-person\) | 20th October - 13th November](#) and in [Southampton \(in-person\) | 22nd September - 16th October](#)

During Explore, you'll boost your confidence and gain teamwork and communication skills. And you'll receive regular one-to-one support along the way.

Explore is a flexible programme that gives you the chance to lead your own personal development. It can help you move into work, training, apprenticeships and more.

This course is for you if you are:

Ready to try new things and develop life skills

Looking for ways to boost your confidence

Keen to meet new people

Excited to improve your teamwork and communication skills

Not in education, training or employment

Rest assured that joining the programme won't affect your benefits!



Opportunities Across Hampshire to Explore



Safe New Futures helps young people and adults who are unemployed, struggling with mental health, or NEET (Not in Education, Employment, or Training). Southampton, Portsmouth and Isle of Wight councils offer exclusively for 16-18 year olds living in eligible postcodes within these areas.

If you have any questions, please don't hesitate to contact Safe New Futures at:

Email: communications@safe.org.uk

Phone: 02380 179 590

Or if you're interested in registering for this programme, please complete the enrolment form by following the link below:

[Safe New Futures Enquiry Form](#)



Youth Options Outdoor Learning Centre in Totton are currently launching Better Futures – Green Skills: a fully funded, completely FREE 12-week programme for young people aged 14–17 in the New Forest who are NEET or at risk of becoming so.

The programme runs one full day per week in small groups of up to 10 and offers:

- Accredited qualifications in areas such as countryside management, horticulture, and forestry
- Hands-on outdoor learning
- Opportunities to meet industry partners, including Sparsholt College
- Support to re-engage with education, training, or employment

Job Fairs Upcoming Across Hampshire

A job fair is a great way to explore different industries, meet employers, and discover opportunities you may not have considered before. Even if you're unsure about your next steps, it's worth giving it a try! Before you attend, make sure you check the event website, as some job fairs require you to book a place in advance.

[Jobs and Wellbeing Fair](#) – Tuesday 22nd September from 10am-1pm @ O2 Guildhall Southampton, West Marlands Road, Southampton SO14 7FW

[CLICK Jobs Fair](#) – Friday 25th September from 11am-3pm @ Alton Maltings Centre, Maltings Close, Alton GU34 1DT

[Aldershot Job Fair](#) – Thursday 8th October from 10am-2pm @ Wellington Shopping Centre, Aldershot

[Jobs & Apprenticeships Fair](#) – Friday 23rd October from 10am-12pm @ Leigh Park Centre, Dunsbury Way, Havant PO9 5BG

[Winchester Careers Fair](#) – Wednesday 28th October from 10am-2pm @ Guildhall Winchester, The Broadway, Winchester SO23 9GH

[Inspiring STEAM](#) – Wednesday 18th November from 9am-3pm @ Apollo Hotel, Aldermaston Rd Roundabout, Basingstoke RG24 9NU



Saints Works engages 16 to 19-year-olds not in education, employment, or training (NEET) to develop their employability and life skills so they can take their first steps into the world of work, training or back into education. (Click their logo above to register).



Discover Creative Careers is a great place to learn about the exciting range of jobs in the creative industries. Whether you're interested in design, film, music, gaming, fashion, marketing, or many other creative careers, you can gain inspiration and explore opportunities wherever you are.

Hear directly from industry professionals and employers about their career journeys, the skills they use, and the different pathways into creative work. It's a fantastic way to discover new possibilities and find out what a career in the creative sector could look like for you.





Mental Health Advice and Support

Local mental health services partners with Shout

Hampshire and the Isle of Wight's NHS 111 Mental health triage team run by Southern Health NHS Foundation Trust, have partnered with 'Shout' to provide in the moment of mental health support to those in the local community.

People who live in Hampshire and the Isle of Wight can now text 'HANTS' to 85258 to be connected to a trained volunteer who can help with anxiety, stress, loneliness, or depression. The key word 'HANTS' represents an acronym for **H**elp **A**n anytime (even at **N**ight), **T**ext us for **S**upport.

Shout's trained volunteers are there for you **24/7** to listen and support you to get to a calmer and safer place. Shout is a free, confidential, anonymous service for anyone in the UK. It won't show up on your phone bill.

There are other support helplines and services that may be useful

[The Hampton Trust](#) - For help when struggling with Domestic Abuse.

[Kooth](#) – Free, safe, online counselling and emotional wellbeing support service for ages 11- 25.

[Samaritans](#) - For someone to talk to when you need it most

[Young Minds](#) - Mental Health support for Black people in the UK.

[Mind](#) - Offers a wide range of support services aimed at helping individuals experiencing mental health challenges

[ChatHealth](#) - 11-19-year-olds can contact a school nurse for free through the anonymous text service on 07507 332160 Mon-Fri 08:30 - 16:30

[Quit4Life](#) - Contact the NHS Stop Smoking Service by calling 0845 602 466

[Catch 22](#) - 24/7 drug and alcohol emergency referral and crisis line for young people by calling 0845 459 9405

[Lets Talk About It](#) - Information and advice and local sexual health services on their website

[Galop](#) - experience in supporting LGBT+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse.

[Breakout Youth](#) - based in Hampshire and the Isle of Wight who offer a confidential support service for young people aged 11 to 25, who are lesbian, gay, bisexual, transgender, questioning or unsure of their sexuality or gender identity.



It's okay, I'm
here to help.

