



Hampshire
County Council

**Hampshire Lifestyle
Services Signposting
Directory**

November 2018

Hampshire Lifestyle Services Signposting Directory

GENERAL

Connect to Support Hampshire is an online directory of care & support (including debt) services and groups across Hampshire.

<https://www.connecttosupporthampshire.org.uk/home>

GENERAL HEALTH

Health conditions and healthy lifestyles: NHS Choices website at www.nhs.uk

NHS Health Check For anyone aged 40-74 years of age to find out how you can improve your health, contact your GP surgery or visit

www.hants.gov.uk/healthcheck

Note that any person expressing concern about or displaying symptoms should be encouraged to contact a clinician (they should contact NHS 111 or their GP).

HEALTHY LIFESTYLES

Change4Life: Help in healthy lifestyle changes (pitched at families) at:

<https://www.nhs.uk/change4life>

One You: Help for healthy lifestyle changes (pitched at adults 40+) at:

<https://www.nhs.uk/oneyou/>

WEIGHT MANAGEMENT

Free online weight loss tool:

www.nhs.uk/livewell/loseweight

NHS advice to increase physical activity -

www.nhs.uk/livewell/fitness

Weight Watchers Slimming on Referral:

This is accessed by self referral for those in Hampshire with a BMI 30+ :check here

<https://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx>

Also a service for those with lower BMI (28+ and long term conditions such as diabetes). See GP Practice for details.

In addition, WW runs a service for pregnant women:

For details of the Hampshire Weight Watchers service, please see here;

<https://www.weightwatchers.com/uk/hampshire>

POWeR: Online weight management support for adults in Hampshire with BMI 25+ -

<https://powerhants.lifeguidehealth.org/player/play/powerhants>

Physical Activity: There may be activities or providers close to you - search your local leisure and sports centre.

For more information on ways to get active visit:

<https://www.getactive.io/hampshire>

Walking for Health: Walking is an easy way to become more active. Find a local group near you to help you get started.

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

Falls Prevention: Preventing Falls - Information and resources to help prevent falls, including local Steady and Strong classes are available at;

www.hants.gov.uk/FallsPrevention

HELP TO STOP SMOKING

FREE support with the Hampshire Stop Smoking NHS Service;

www.quit4life.nhs.uk or call **0845 602**

4663 or 01252 335120 or email

quit4life@nhs.net. Quit4Life have specialist advisers who offer help and support to people in Hampshire who want to give up smoking, with a choice of Nicotine Replacement Therapy, medication

Hampshire Lifestyle Services Signposting Directory

or a £25 voucher for a vaping starter kit. For general information about quitting smoking visit: www.nhs.uk/smokefree

ALCOHOL

Don't bottle it up: Access personalised advice online and how to access services locally - <https://dontbottleitup.org.uk/>

NHS advice including 'drinks tracker' - www.nhs.uk/livewell/alcohol

Alcohol Concern - www.alcoholconcern.org.uk

Drinkline for a confidential conversation on free-call: **0300 123 1110** (weekdays 9am – 8pm, weekends 11am – 4pm).

SUBSTANCE MISUSE (INCLUDING DRUGS, ALCOHOL AND PSYCHOACTIVE SUBSTANCES)

Inclusion Recovery Hampshire provides a free confidential advice and treatment service for anyone resident in Hampshire and aged 26 or over who is using, or affected by the problems associated with drugs and/or alcohol. Contact 0300 124 0103 or visit www.inclusionhants.org

Parent Support Link (PSL) provide an integrated family and carer support service to anyone affected by someone else's use of drugs or alcohol. Contact 24-hour Carers helpline 02380399764 or visit www.inclusionhants.org/family-carers/

For information or advice about drugs, visit www.talktofrank.com or ring the confidential helpline **0300 123 6600**. Helpline is available 24 hours per day, 7 days p/week and 365 days of the year.

Hampshire 24/7 is the specialist and confidential drug and alcohol service for young people aged 25 and under and is provided by Catch 22. Contact 0845 459

9405

<https://www.inclusionhants.org/support-for-under-25s/>

SEXUAL HEALTH & CONTRACEPTION

For sexual health and contraception information, and to find local sexual health services (incl emergency contraception) visit: www.hants.gov.uk/getiton

For information on sexual health clinics (STI testing and contraception) to order an STI self sample kit visit; www.letstalkaboutit.nhs.uk or ring **0300 300 2016**.

MENTAL HEALTH

General information: www.nhs.uk/livewell/mentalhealth/Pages/Mentalhealthhome.aspx

You can call NHS 111 if you or someone you know requires urgent care, but it is not life-threatening. For example:

- if you have an existing mental health problem and your symptoms get worse
- if you experience a mental health problem for the first time
- if someone has self-harmed but it does not appear to be life-threatening, or is talking about wanting to self-harm
- if a person shows signs of onset dementia
- if a person is experiencing domestic violence or physical, sexual or emotional abuse

Samaritans: The Samaritans helpline offers advice & support regarding emotional /mental health & suicide 24 hours a day, 365 days a year, telephone 116 123 (free phone), or email jo@samaritans.org. Some

Hampshire Lifestyle Services Signposting Directory

local branches offer drop-in counselling - find your local branch online.

Every Mind Matters - Part of [One You](#), this provides expert advice, practical tips and a personalised action plan.

<https://www.nhs.uk/oneyou/every-mind-matters/>

Increasing Access to Psychological Therapies (IAPT) – iTalk (Hampshire except NE Hampshire)

iTalk is a free service offered to patients aged 16 and over who are registered with a GP in the following areas of

Hampshire: Alton, Andover, Basingstoke, Bordon, Eastleigh, Fareham, Gosport, Havant, the New Forest, Petersfield, Romsey and Winchester. iTalk provides therapy, treatment, services & resources to people suffering from a range of common mental health problems including: stress, anxiety or depression. Phone: 023 8038 3920 or Email: info@italk.org.uk

Increasing Access to Psychological Therapies (IAPT) – TalkPlus (NE Hampshire) TalkPlus supports people with common mental health problems in North East Hampshire and Farnham including timely treatment for perinatal and military veteran referrals. Treatments for stress, [anxiety](#), low mood, [depression](#), [panic](#), [phobias](#) or [OCD](#).

Phone: 01252 533355 or online <https://www.talkplus.org.uk/optin>

Wellbeing Centres

Mind runs wellbeing centres in Hampshire's towns and cities to provide short-term, outcome-focused support to individuals with mental health problems. They are friendly and welcoming places with an informal atmosphere.

The centres provide workshops, courses and other support on many mental health issues. These include;

- self-esteem and resilience
- depression and anxiety
- stress management
- addictions and mental health
- anger management

Please contact your nearest centre (Andover, Basingstoke, Eastleigh, Fareham and Gosport, Hart and Rushmoor, Havant and East Hants, New Forest, Romsey, Winchester) to find out more about their programmes;

Increasing Access to Psychological Therapies (IAPT) – iTalk (Hampshire except NE Hampshire)

iTalk is a free service offered to patients aged 16 and over who are registered with a GP in the following areas of

Hampshire: Alton, Andover, Basingstoke, Bordon, Eastleigh, Fareham, Gosport, Havant, the New Forest, Petersfield, Romsey and Winchester. iTalk provides therapy, treatment, services & resources to people suffering from a range of common mental health problems including: stress, anxiety or depression. Phone: 023 8038 3920 or Email: info@italk.org.uk

Veterans

Combat Stress is the UK's leading charity for veterans' mental health. For almost a century the charity has helped former servicemen and women deal with issues like trauma, anxiety, depression and post-traumatic stress disorder. On the phone and online. In the community and at its treatment centres. Services are free of charge to veterans. For support contact:

Helpline: 0800 138 1619
Email: helpline@combatstress.org.uk
Website: [Combat Stress](#)