

Mental health and wellbeing

Supporting your child's mental health

Children and young people can feel pressure from school, friendships, or life changes. Knowing where to get support can make a big difference.

The Hampshire Local Offer and FISH bring together trusted information and services to help families support their child's wellbeing.

You can explore:

- Local mental health support services
- Advice on anxiety, low mood and emotional wellbeing
- Support for neurodiverse children
- Activities and groups to build confidence and connection

You're not alone—support is available when you need it.

Scan the QR code on your mobile or follow the link below:



[Mental Health and Physical Wellbeing](#)–

connecttosupporthampshire.org.uk (select 'Family Information and Services Hub', then 'Emotional wellbeing and mental health')