

# Hampshire and IOW CYP Crisis Line

Monday, Tuesday, Wednesday and Thursday 3:00pm to 8:30pm

Telephone support for  
Children and Young People  
aged 11 – 17 years old.

Who are experiencing  
mental health crisis and  
living in Hampshire.



Immediate access to...

- One to one confidential, emotional support
- Advice on healthy coping skills and resources
- Signposting to useful apps and websites

