



SHOWCASE  
TRAINING

# Mental Health Support

Samaritans - 24/7 confidential support

Phone: 116 123

Website: [www.samaritans.org](http://www.samaritans.org)

Mind - Mental health information and helpline

Phone: 0300 123 3393

Website: [www.mind.org.uk](http://www.mind.org.uk)

Shout - 24/7 text support service

Text: SHOUT to 85258

Website: [www.giveusashout.org](http://www.giveusashout.org)

YoungMinds - Mental health support for young people

Text: YM to 85258

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

NHS Talking Therapies - Free talking therapies (e.g. counselling or CBT)

Website: [www.italk.org.uk](http://www.italk.org.uk)

Kooth - Free, safe, and anonymous online emotional support chat for young people aged 11-24

Website: [www.kooth.com](http://www.kooth.com)

The Mix - Support for under-25s

Phone: 0808 808 4994

Website: [www.themix.org.uk](http://www.themix.org.uk)

National Suicide Prevention Helpline UK – Available every day, for anyone with suicidal thoughts

Phone: 0800 587 0800


Website: [www.spuk.org.uk/national-suicide-prevention-helpline](http://www.spuk.org.uk/national-suicide-prevention-helpline)

CALM (Campaign Against Living Miserably) – Helpline & webchat for those in crisis, especially young men

Phone: 0800 58 58 58

Website: [www.thecalmzone.net](http://www.thecalmzone.net)

**Mental Health Lead: Nicola Bailey**

 07597 366606

 [nicola.bailey@showcasetraining.co.uk](mailto:nicola.bailey@showcasetraining.co.uk)



## Solent Mind Services

Solent Mind offer a variety of trusted mental health services, delivering practical support to help you move forward.

Use the filters on their website to find the service that best suits your needs.

### [Solent Mind - Our Services](#)

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## The Lighthouse Service - Bitterne and Shirley

The Lighthouse is a welcoming, non-judgmental mental health support service for individuals aged 18 and over. It offers short-term, in-the-moment assistance in a comfortable and supportive environment, without medication or therapy. With a focus on peer support and activities, the service also provides access to additional resources.

### The Lighthouse Bitterne

- **Address:** 432 Bitterne Road, Bitterne Village, Southampton, SO18 5RT
- **Contact:** 07789 390 812
- **Opening hours:** Monday to Sunday, 4:30 pm - 11:00 pm

### The Lighthouse Shirley

- **Address:** The Annexe, Options Wellbeing, 147 Shirley Road, Southampton, SO15 3FH
- **Contact:** 07789 390 812
- **Opening hours:** Monday to Sunday, 4:30 pm - 11:00 pm

### [The Lighthouse Service](#)

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## The South West Hampshire Safe Haven

The South West Hampshire Safe Haven provides informal, non-judgmental, out-of-hours mental health support for those in need in the South West Hampshire area. The service offers in-the-moment support, peer support, and access to additional resources. It is not a medical service and does not provide medication or therapy but can help connect individuals to further care as needed.

**Address:** 111 Leigh Road, Eastleigh, SO50 9DS (wheelchair-accessible facilities available)

**Contact:** Call 0344 264 5310, or contact them through their online service Involve.

**Opening hours:** Daily from 5pm-11pm

### [The South West Hampshire Safe Haven](#)