

# Hampshire and IOW CYP Crisis Line

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

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

Who are experiencing  
mental health crisis and  
living in Hampshire or the  
Isle of Wight.



Immediate access to...

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

