

## Hampshire Mental Health and Wellbeing Guide for Adults

### Summary

### Detail

A new [Mental Health and Wellbeing Guide for Adults](#) is now live. It provides information and links to help those aged 18+ in Hampshire find the right support and advice if they, or others around them, are struggling right now.

Please share this directly with parents and carers in addition to the mental wellbeing resources for supporting children.

To download the Guide go to

<https://documents.hants.gov.uk/adultservices/HCC-Wellbeing-Guide-Adults.pdf>

**Reference:** SC018487

**Date:** 11 January 2021

**For the attention of:**

Headteacher, Administration and Governors

**Phase:** All

**Action:** Share the wellbeing guide with parents

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