


## Parent Support Resources and Links

Parents Supporting Children and Young People		
<b>Child Bereavement UK</b>	Support for children and young people who are grieving and specific advice in relation to COVID-19. Help lines available.  Monday – Friday, 9am – 5pm (except Bank Holidays).	Helpline: 0800 02 888 40  Email: <a href="mailto:support@childbereavementuk.org">support@childbereavementuk.org</a>  <a href="https://childbereavementuk.org/coronavirus-supporting-children">childbereavementuk.org/coronavirus-supporting-children</a>
<b>Childline</b>	Young people can speak to a Childline counsellor online or on the phone from 9am – midnight.	0800 1111  <a href="http://www.childline.org.uk/">www.childline.org.uk/</a>
<b>The Children's Sleep Charity</b>	Tips for parents on sleep hygiene.	<a href="https://www.thechildrenssleepcharity.org.uk/leaflets.php">https://www.thechildrenssleepcharity.org.uk/leaflets.php</a>
<b>Decider Skills</b>	The Decider Skills are effective CBT based skills designed to help manage emotions and to make positive changes.	<a href="https://www.thedecider.org.uk/resources-downloads/life-skills-videos/">https://www.thedecider.org.uk/resources-downloads/life-skills-videos/</a>
<b>Family Line</b>	Provide a listening ear, answer particular parenting questions or help with guidance around more complex family issues.	Telephone: 0808 802 6666 Text message: 07537 404 282 Email: <a href="mailto:familyline@family-action.org.uk">familyline@family-action.org.uk</a>  <a href="#">Family Line Website</a>  Out of hours: Text FAMILYACTION to 85258
<b>HOPELINEUK (by PAPYRUS)</b>	Confidential support and advice service for: <ul style="list-style-type: none"> <li>• Children and Young People under the age of 35 who are experiencing thoughts of suicide</li> <li>• Anyone concerned that a young person could be thinking about suicide</li> </ul> 9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays	Call: 0800 068 4141 Text: 07860039967 Email: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a>  <a href="https://papyrus-uk.org/">https://papyrus-uk.org/</a>
<b>ICON</b>	Information about infant crying and how to cope.	<a href="http://iconcope.org/about-icon/">iconcope.org/about-icon/</a>
<b>NSPCC</b>	Support for parents to cope with tantrums.	<a href="https://nspcc.org.uk/keeping-children-safe/support-for-parents/cope-with-tantrums/">nspcc.org.uk/keeping-children-safe/support-for-parents/cope-with-tantrums/</a>
<b>THE MIX</b>	Under 25's Helpline – Online, social or telephone service for any challenges young people might be facing - from mental health to homelessness or money problems.	<b>0808 808 4994</b>  <b>TEXT: THEMIX to 85258</b>  <a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a>
<b>SAFA - Self Harm Awareness For All</b>	Providing telephone support for ANYONE in Cumbria who is anxious, isolated or worried about COVID-19  Helpline Number Monday-Friday, 9am-5pm.	<b>01229 832269</b>  <a href="https://safa-selfharm.com/covid-19-resource/">safa-selfharm.com/covid-19-resource/</a>

<b>Solihull Parenting Programme</b>	Free information course for families, children and young people who are affected by emotional and behavioural difficulties. You don't need to be struggling to do these courses. The courses are relevant to parents/carers of all children, including those with special needs, autism, ADHD etc.	Go to <a href="http://www.inourplace.co.uk">www.inourplace.co.uk</a> and apply the access code: WORDSWORTH You will be asked to verify that you are legitimately entitled to use the access code by entering your Cumbria postcode.  For technical queries email <a href="mailto:solihull.approach@heartofengland.nhs.uk">solihull.approach@heartofengland.nhs.uk</a> or ring 0121 296 4448 Mon-Fri 9am-5pm
<b>YOUNG MINDS</b>	Support for young people and advice for parents Mon-Fri from 9.30am to 4pm.  Parents Helpline is available to offer advice to parents and carers worried about a child or young person under 25.  Young people experiencing a mental health crisis can text the YoungMinds Crisis Messenger for free 24/7 support across the UK.	Parents Helpline: 0808 802 5544  Young person Crisis line: text YM to 85258  <a href="http://YoungMinds.org.uk">YoungMinds.org.uk</a>
<b>Special Educational Needs</b>		
<b>AOK parent Peer support Group</b>	Facebook support group. Virtual AOK group meetings on Wednesdays 1.30-2.00 via Zoom app. Other sessions will be added.	<a href="https://www.facebook.com/AOKParentPeerSupport/">https://www.facebook.com/AOKParentPeerSupport/</a>
<b>Gov.uk</b>	Helpful advice here for parents including specific advice for children with autism, eating disorders and physical needs	<a href="https://www.gov.uk/guidance/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing">COVID-19: guidance on supporting children and young people's mental health and wellbeing</a>
<b>Online safety</b>	Help and advice for families in a digital world. Also Includes tips and advice about surviving family life during lockdown.	<a href="https://parentinfo.org/">https://parentinfo.org/</a>
<b>PEOPLE FIRST/TALK ACTIVE</b>	Chat and Check service for people with learning difficulties and / or autism.  Helpline: 03003 038037 Call our helpline for information, guidance and support.  9am – 5pm Monday to Friday	Contact Chris Tolley on 07763 546116  <a href="mailto:chris.tolley@wearepeoplefirst.co.uk">chris.tolley@wearepeoplefirst.co.uk</a>  <a href="http://wearepeoplefirst.co.uk/chatandcheckservice">wearepeoplefirst.co.uk/chatandcheckservice</a>
<b>The Curly Hair Project</b>	The Girl With The Curly Hair Project, a social enterprise which supports people on the autistic spectrum and the people around them, has produced a video titled "supporting autistic people through Covid-19"	<a href="http://thegirlwiththecurlyhair.co.uk/video">thegirlwiththecurlyhair.co.uk/video</a>

Health		
<b>Health Advice</b>	Leaflet with advice of what to do when your child is unwell or injured	 covid19_advice_for_parents_when_child_unwell.pdf
<b>E-School Nurse</b>	5 – 19 School Age Public Health Nurse Practitioner Service  E-school Nurse it is now available for professionals AND parents across the age ranges – however it is about general health needs not just mental health.	<a href="https://www.cumbria.gov.uk/ph5to19/">https://www.cumbria.gov.uk/ph5to19/</a>
Home Schooling		
<b>Department for Education</b>	Department for Education (DfE) has signposted resources on supporting and promoting mental wellbeing among the list of resources to help children to learn at home. It is aimed at pupils of all ages, at primary and secondary levels of education.	<a href="#">Resources on supporting and promoting mental wellbeing</a>
<b>BBC</b>	DfE has also worked with the BBC on an online educational package, which includes wellbeing content via BBC Bitesize and social media channels.	<a href="https://www.bbc.co.uk/teach">https://www.bbc.co.uk/teach</a>
Parents' Mental Wellbeing		
<b>Anxiety UK</b>	Helps those suffering with anxiety disorders	08444 775 775 (weekdays 09:30 – 17:30) Text service 07537 416 905 <a href="https://www.anxietyuk.org.uk/">https://www.anxietyuk.org.uk/</a>
<b>Every Life Matters Booklet</b>	Wellbeing and mental health during Covid-19: A guide to looking after yourself and others	<a href="https://every-life-matters.org.uk/covid19booklet">every-life-matters.org.uk/covid19booklet</a>
<b>Frazzled Cafe</b>	A place where people who are feeling frazzled, can share their personal stories in a safe, anonymous and non-judgmental environment. Currently hosted on-line only by Ruby Wax.	<a href="https://frazzledcafe.org/about">frazzledcafe.org/about</a>
<b>NHS Lancashire &amp; South Cumbria Foundation Trust</b>	The LSCFT Wellbeing & Mental Health Helpline is a Freephone out of hours, person centred listening environment for people requiring emotional support in relation to their own mental health or that of someone they know.  Open 24 hours a day, 365 days a year	Text HELLO to 07860 022 846  <b>0800 915 4640</b>  <a href="https://lscft.nhs.uk/Mental-Health-Helpline">lscft.nhs.uk/Mental-Health-Helpline</a>
<b>No Panic</b>	Organisation which helps people who suffer from panic attacks, phobias, OCD, and other related anxiety disorders	Youth helpline - 0330 606 1174 (Weekdays 15:00 – 18:00)  <a href="https://www.nopanic.org.uk">www.nopanic.org.uk</a>

<b>Quell</b>	Online counselling and emotional wellbeing service for adults and those in carers roles	<a href="http://xenzone.com/qwell/">xenzone.com/qwell/</a>
<b>RECOVERY COLLEGE ONLINE</b>	On-line course – ‘Coping During the Pandemic’	<a href="http://recoverycollegeonline.co.uk">recoverycollegeonline.co.uk</a>
<b>Samaritans</b>	‘We offer a safe place for you to talk any time you like, in your own way – about whatever’s getting to you. You don’t have to be suicidal.’	116 123 (anytime) <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a>
<b>Domestic Abuse</b>		
<b>SPRINGFIELD DOMESTIC ABUSE SUPPORT</b>	Springfield strives to meet the needs of women today who live with the terrible impact of domestic abuse	<b>01539 720313</b>  <a href="https://springfieldsupport.org/">https://springfieldsupport.org/</a>
<b>VICTIM SUPPORT SOUTH CUMBRIA</b>	Domestic Violence Service  Lines are open Monday to Friday, 8am-6pm	0300 303 0157  Outside of open hours Supportline: 08 08 16 89 111  <a href="https://www.victimsupport.org.uk/">https://www.victimsupport.org.uk/</a>  cumbriaidsva@victimsupport.org.uk
<b>Community Support</b>		
<b>Cumbria County Council Coronavirus (COVID-19) - Emergency support helpline</b>	Emergency Support Helpline for vulnerable people needing urgent help with food, medicines and essential supplies.  <b>Monday to Friday 9am to 5pm and 10am to 2pm at weekends and Bank Holidays</b>	Call: <b>0800 783 1966</b> .  Completing the <a href="#">COVID-19 online support form</a>  Emailing your request to: <a href="mailto:COVID19support@cumbria.gov.uk">COVID19support@cumbria.gov.uk</a> .
<b>Cumbria County Council local Support Directories</b>	Cumbria County Council has published updated local Support Directories for each district. They provide a quick and easy way to find local support in your area, including support from local businesses and community and voluntary groups.	<a href="#">Local Area Updates</a>