



## Sources of support

### **Mental Health and Wellbeing**

*The Anna Freud Foundation - the website has a helpful page with information about how to support children during the Covid-19 outbreak. It also includes advice for young people and schools:*

<https://www.annafreud.org/coronavirus/>

### **Support lines**

*CAMHS - out of hours Mon- Fri 5-10pm & Sat, Sun 12pm-8pm 01244 397644 - advice given to parents and carers who have concerns about their child's mental health.*

*The Mix - free confidential advice line for young people under the age of 25 0808 808 4994*  
[www.themix.org.uk](http://www.themix.org.uk)

### **General apps to help limit stress and worries**

**STOP** panic and anxiety self help App



**HEADSPACE** meditation and breathing App



***If your child is struggling emotionally and their general wellbeing is a concern there are a list of online charities that have practical support and can offer specialist mental help advice***

Childline - 0800 11 11 [www.childline.org.uk](http://www.childline.org.uk)

SANE - offers mental health support to anyone affected by MH incl family, friends and carers  
[www.sane.org.uk](http://www.sane.org.uk)

Mind - offers advice and support to empower people experiencing mental health problems  
[www.mind.org.uk/information-support](http://www.mind.org.uk/information-support)

Young Minds - is the UK leading charity for young people and children and can offer support to parents and practical advice. [www.youngminds.org.uk](http://www.youngminds.org.uk)

The Sleep Council - looking at the importance of a sleep routine and helping young people and their families to adopt healthy sleep habits [www.sleepcouncil.org.uk](http://www.sleepcouncil.org.uk)

Kids Health - doctor reviewed advice on physical, emotional and behavioural topics for children and young people [www.kidshealth.org](http://www.kidshealth.org).



### **Parenting support**

*Parentline - plus is a helpline to offer advice and guidance on any aspect of family life 0808 800 2222*

*[www.familylives.org.uk](http://www.familylives.org.uk)*

*Motherwell Cheshire - specifically counselling for mothers who are struggling and are facing their own anxiety and difficulties often in combination with their child's difficulties 01606 557666*

*[www.motherwellcheshirecio.com](http://www.motherwellcheshirecio.com)*

### **Bereavement and Loss**

*The Dove Service - provides bereavement and counselling support to children and young people 01782 683 155 [www.thedoveservice.org.uk](http://www.thedoveservice.org.uk)*

*Care for the Family - national charity which aims to promote strong family life and helps those facing difficulties such as bereavement but also loss through parental breakup offering parental support and marriage support 0292 081 0800 [www.careforthefamily.org.uk](http://www.careforthefamily.org.uk)*

*Grief Encounter- support for bereaved children and their families 020 8372 8455 [www.griefencounter.org.uk](http://www.griefencounter.org.uk)*



### **Selfharm and Risk taking behaviour**

*Harmless- advice for families and for people who self harm [www.harmless.org.uk](http://www.harmless.org.uk)*

*SelfHarm UK - a project dedicated to young people impacted by self harm providing a safe space to talk. [www.selfharm.co.uk](http://www.selfharm.co.uk)*