











Parent Support Resources and Links

Parents Supporting Children and Young People		
Anxiety	Anxiety in Children: How Parents Can Help.	  Anxiety in Children - When-anxiety-feels-o how parents can help. verwhelming-2.pdf
Bereavement in Teenagers	Tips for teenagers who may be worried about illness or death of a loved one.	 Teenagers and Bereavement.docx
Child Bereavement UK	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: support@childbereavementuk.org childbereavementuk.org/coronavirus-supporting-children
Childline	Young people can speak to a Childline counsellor online or on the phone from 9am – midnight.	0800 1111 www.childline.org.uk/
The Children's Sleep Charity	Tips for parents on sleep hygiene.	https://www.thechildrenssleepcharity.org.uk/leaflets.php
Decider Skills	The Decider Skills are effective CBT based skills designed to help manage emotions and to make positive changes.	https://www.thedecider.org.uk/resources-downloads/life-skills-videos/
Family Line	Provide a listening ear, answer particular parenting questions or help with guidance around more complex family issues.  Family Line Information Sheet.pdf	Telephone: 0808 802 6666 Text message: 07537 404 282 Email: familyline@family-action.org.uk Family Line Website Out of hours: Text FAMILYACTION to 85258
HOPELINEUK (by PAPYRUS)	Confidential support and advice service for: <ul style="list-style-type: none"> • Children and Young People under the age of 35 who are experiencing thoughts of suicide • Anyone concerned that a young person could be thinking about suicide 9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays	Call: 0800 068 4141 Text: 07860039967 Email: pat@papyrus-uk.org https://papyrus-uk.org/
ICON	Information about infant crying and how to cope.	iconcope.org/about-icon/
NSPCC	Support for parents to cope with tantrums.	nspcc.org.uk/keeping-children-safe/support-for-parents/cope-with-tantrums/
THE MIX	Under 25's Helpline – Online, social or telephone service for any challenges young people might be	0808 808 4994

	facing - from mental health to homelessness or money problems.	TEXT: THEMIX to 85258 https://www.themix.org.uk/
SAFA - Self Harm Awareness For All	Providing telephone support for ANYONE in Cumbria who is anxious, isolated or worried about COVID-19 Helpline Number Monday-Friday, 9am-5pm.  SAFA C19 Helpline.pdf	01229 832269 safa-selfharm.com/covid-19-resource/
Separation Anxiety	Helpful tools for parents supporting their child with separation anxiety.	 Separation anxiety leaflet for parents.pdf
Solihull Parenting Programme	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.  Solihull Approach Leaflet.jpg  Solihull Approach Letter.docx	Go to www.inourplace.co.uk 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 solihull.approach@heartofengland.nhs.uk or ring 0121 296 4448 Mon-Fri 9am-5pm
YOUNG MINDS	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 YoungMinds.org.uk
Special Educational Needs		
AOK parent Peer support Group	Facebook support group. Virtual AOK group meetings on Wednesdays 1.30-2.00 via Zoom app. Other sessions will be added.	https://www.facebook.com/AOKParentPeerSupport/
Cumbria Autism Family Support	You can access the service if you have a child who has not yet been diagnosed with Autism, and if you have not previously contacted or self-referred to the service.	 Cumbria Autism Family Support Team

Gov.uk	Helpful advice here for parents including specific advice for children with autism, eating disorders and physical needs	COVID-19: guidance on supporting children and young people's mental health and wellbeing
Home schooling	Home education tips and strategies for parents/carers of children with neurodevelopmental profiles.	 Home education tips for neurodevelopment
National Autistic Society	With an Autism Helpline and more specialist offerings, this is a source for advice and information.	autism.org.uk/about/family-life
Online safety	Help and advice for families in a digital world. Also Includes tips and advice about surviving family life during lockdown.	https://parentinfo.org/
PEOPLE FIRST/TALK ACTIVE	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 chris.tolley@wearepeoplefirst.co.uk wearepeoplefirst.co.uk/chatandcheckservice
The Curly Hair Project	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”	thegirlwiththecurlyhair.co.uk/video
Health		
Health Advice	Leaflet with advice of what to do when your child is unwell or injured	 covid19_advice_for_parents_when_child_unwell
E-School Nurse	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.	https://www.cumbria.gov.uk/ph5to19/
Home Schooling		
Department for Education	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.	Resources on supporting and promoting mental wellbeing
BBC	DfE has also worked with the BBC on an online educational package, which includes wellbeing content via BBC Bitesize and social media channels.	https://www.bbc.co.uk/teach

Parents' Mental Wellbeing		
Anxiety UK	Helps those suffering with anxiety disorders	08444 775 775 (weekdays 09:30 – 17:30) Text service 07537 416 905 https://www.anxietyuk.org.uk/
Every Life Matters Booklet	Wellbeing and mental health during Covid-19: A guide to looking after yourself and others	every-life-matters.org.uk/covid19booklet
Frazzled Cafe	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.	frazzledcafe.org/about
NHS Lancashire & South Cumbria Foundation Trust	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 0800 915 4640 lscft.nhs.uk/Mental-Health-Helpline
No Panic	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) www.nopanic.org.uk
Quell	Online counselling and emotional wellbeing service for adults and those in carers roles	xenzone.com/qwell/
RECOVERY COLLEGE ON-LINE	On-line course – 'Coping During the Pandemic'	recoverycollegeonline.co.uk
Samaritans	'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) www.samaritans.org.uk
Domestic Abuse		
SPRINGFIELD DOMESTIC ABUSE SUPPORT	Springfield strives to meet the needs of women today who live with the terrible impact of domestic abuse	01539 720313 https://springfieldsupport.org/
VICTIM SUPPORT SOUTH CUMBRIA	Domestic Violence Service Lines are open Monday to Friday, 8am-6pm	0300 303 0157 Outside of open hours Supportline: 08 08 16 89 111 https://www.victimsupport.org.uk/

		cumbriaidsva@victimsupport.org.uk
Community Support		
Cumbria County Council Coronavirus (COVID-19) - Emergency support helpline	<p>Emergency Support Helpline for vulnerable people needing urgent help with food, medicines and essential supplies.</p> <p>Monday to Friday 9am to 5pm and 10am to 2pm at weekends and Bank Holidays</p>	<p>Call: 0800 783 1966.</p> <p>Completing the COVID-19 online support form</p> <p>Emailing your request to: COVID19support@cumbria.gov.uk.</p>
Cumbria County Council local Support Directories	<p>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.</p>	<p>Local Area Updates</p>