

## Useful Resources for Parents



As a parent or carer of a young person, you are extremely influential to their resilience journey.

Visit [Draw Your Own Solution](#) for more information.



Developed by the NHS in Kent, [Good Mental Health Matters](#) is a free resource for primary and secondary school teachers, parents and young people in Kent. Online resources for secondary schools include educational videos, downloadable lesson activities and online quizzes.



Kent Community

Health NHS

Foundation Trust

(KCHFT) are offering online 'solihull approach'

Parenting courses for anyone caring for a child in Kent and Medway.



NHS Mental Health Support is where you can find information and support for your mental health.



The Samaritans offer lots of support for mental health.

# Kent Resilience Hub

Visit [Kent Resilience Hub](#) where you can increase your understanding, find approaches and tools or navigate your way to support and services relating to resilience and emotional wellbeing.



[Kooth online](#) support and counselling for 10-25 year olds across Kent and Medway. Offering 1-2-1 counselling, helpful articles, community discussion boards and daily journals.



[MindEd](#) is a free educational resource on children

and young people's mental health for all adults



Find out how to tackle hate online and online trolls with Internet matters advice guide for what online hate is and how to support your child. Get tools and tips to support your child's digital wellbeing on Facebook, Instagram and WhatsApp.



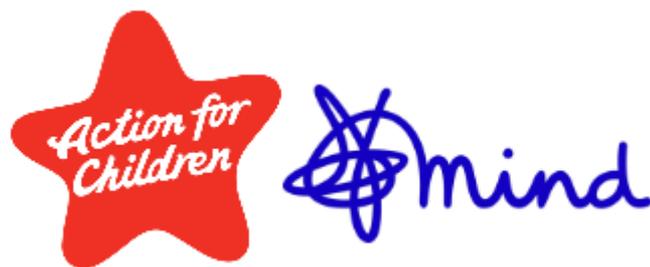
CHUMS offer specialist bereavement support to children and young people from 3½ up until their 26th birthday in Kent and Medway. Bereavement information and support is also available from Winston's Wish and Child Bereavement Charity.



The Mental Health and Parenting page on the NSPCC website provides advice for parents and families dealing with mental health problems in everyday life.

Call NSPCC on 0808 800 5000 if you're worried about the safety of a child.

Or call the police on 999 if you think a child is in immediate danger.



Mind's Action for Children around self esteem and helping your child.

Parents with Confidence help your child to emotionally regulate.

Mind also has a lot of information and support for parents.



Call for free and confidential advice from [Family Lives](#) on 0808 800 2222 if you're finding it hard at home with your child and are struggling to cope.

**YOUNG**MiNDS

[Young Minds](#) have a parent's helpline, information and resources