

Wellbeing

FOR PARENTS/CARERS



www.nhs.uk/mental-health/

Find information and support for your mental health.

www.samaritans.org

Whatever you're going through, a Samaritan will face it with you.
We're here 24 hours a day, 365 days a year.

SAMARITANS

NSPCC

www.nspcc.org.uk/advice-for-families/

Access to access parental advice.

www.mind.org.uk

Support for your mental health.



Anna Freud

Advice and guidance for parents and carers to help them support a child or young person experiencing poor mental health or wellbeing.

www.annafreud.org/resources/family-wellbeing/