



Practical and Mental health Support services for Parents, Children and extended Family members

- Family Action - Family Line. Helping to support parents with advice and practical guidance. Tel: 0808 802 6666. Text: 0753740428. Email: familyline@family-action.org.uk/familyline
- Samaritans – www.samaritans.org/branches to find your nearest branch. Operates a 24 hour service. Tel: 116 123 or if you are worried about being overheard on the phone then you can Email; jo@samaritans.org or write to FREEPOST RSRB-KKBY-CYJK, PO Box 9090 Stirling, FK8 2SA
- CALM - the calmzone.net This is a helpline for men who are down or who have 'hit a wall' for any reason and who need to talk They are open 5pm to midnight 365 days per year. Tel; 0800 58 58 58. [Campaign Against Living Miserably \(CALM\) \(thecalmzone.net\)](http://thecalmzone.net)
- Childline - This is a helpline for children and young people in the UK. Calls are free and the number wont show up on your phone bill. [Childline | Childline](http://Childline.org.uk) or Tel; 0800 1111.
- POPYRUS This is a voluntary organisation supporting teenagers and young people who are feeling suicidal. [Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](http://papyrus-uk.org) or Tel: 0800 068 4141.
- Mind – mind.org.uk - This is a charity for people with depression and can be accessed via their website.
- Young Minds - [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](http://YoungMinds.org.uk) – provides advice and support for young people and their parents
- Best for you - [Best For You NHS](http://BestForYouNHS.org.uk) Provided information about mental health and digital tools available for young people.
- Men's Sheds – Improving wellbeing, reducing loneliness and combating social isolation [Home | Men's Sheds Association | UKMSA \(menssheds.org.uk\)](http://Men'sShedsAssociation.org.uk)
- NHS mental health advice for parents - [Talking to your child about feelings - NHS \(www.nhs.uk\)](http://Talkingtoyourchildaboutfeelings.org.uk)
- Action For Children advice on helping children deal with emotions. [How can I help my child deal with their emotions? - Support for Parents from Action For Children](http://HowcanIhelpmychilddealwiththeiremotions.org.uk)

Websites to support children with Mindfulness and Confidence.

- www.relaxkids.com
Support for children with mindfulness techniques
- www.place2be.org.uk
Improving children's mental health
- www.happyconfidentkids.org.uk
Support to enable children to become confident
- www.happity.co.uk/blog/article/8-ways-to-help-little-kids-manage-big-emotions
Tips to help little kids manage their big emotions
- [How to talk to your child about emotions - CBeebies \(bbc.co.uk\)](http://Howtotalktoyourchildaboutemotions.org.uk) CBeebies advice on how to talk to your child about emotions.

