






Support for parents/ carers

 <p>https://www.youngminds.org.uk/</p>	<p>Young minds offer support for parents through some guides: https://www.youngminds.org.uk/parent/parents-guide-to-looking-after-yourself/ and a helpline and web chat https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/ Parents Helpline 0808 802 5544, Monday - Friday 9:30am - 4:00pm. You can call the Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25.</p>
 <p>https://www.familylives.org.uk/</p>	<p>Family Lives offers webchat, resources, information, email, skype, forums and a helpline to parents call 0808 800 2222 for emotional support, information, advice, and guidance on any aspect of parenting and family life. Monday to Friday 9am to 9pm and Weekends 10am to 3pm</p>
 <p>https://www.actionforchildren.org.uk</p>	<p>Action for Children Offer parenting support, resources, and information as well as the parent talk 1-1 chat Parent Talk offers free, down-to-earth advice for parents of children aged 0-19 go to https://parents.actionforchildren.org.uk/chat/ for access to the online chat Monday 12.30pm – 7.30pm, Tuesday 10.30am – 4.30pm , Wednesday 9.30am – 4.30pm, Thursday 12.30pm – 7.30pm , Friday 9.30am – 4pm</p>
 <p>https://www.relate.org.uk/get-help</p>	<p>Relate has blogs, resources, books, and self-help tools for just about every relationship problem out there. Relate also offers a free web chat on a variety of topics. https://www.relate.org.uk/get-help</p>
 <p>https://www.mind.org.uk</p>	<p>Mind offer Information for parents/ carers on supporting a young person with mental health difficulties https://www.mind.org.uk/information-support/for-children-and-young-people/information-for-parents/</p>

pinpoint

for parents by parents

<https://www.pinpoint-cambs.org.uk/>

Pinpoint Cambridgeshire is run for parents – by parents.

We give help and information to parent carers of children and young people aged 0-25 with additional needs and disabilities. No formal diagnosis is required to access support from Pinpoint a young person may be on a waiting list, accessing services, had a referral turned down, or just be struggling.

Pinpoint offers a variety of support and resources, groups, and workshops. Go to their website <https://www.pinpoint-cambs.org.uk/>



<https://www.nhs.uk/>

NHS has useful information and advice for parents who have children or teenagers with mental health problems.

There are also links to further support and services

[mental-health/children-and-young-adults/advice-for-parents/](https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/)



<https://www.cambridgeshire.gov.uk/residents/children-and-families/parenting-and-family-support/accessing-support-for-your-family>



<https://www.peterborough.gov.uk/healthcare/early-help>

Early Help

Sometimes families need a bit of extra support. You might be worried about your child's behaviour or development. Or you and your family might experience some changes or difficulties that you can't manage by yourself. Whatever you are worried about, Early Help can support you and your family so that small problems do not become big problems.

Early Help gives children and families the support they need, at the right time. We listen to your needs and bring together professionals who work with your whole family. This helps make things better for everyone.

The professionals who know you will assess the needs of your family using an Early Help Assessment. This will help you to get you support as quickly as possible.

It is a voluntary process. You choose whether to be involved and can withdraw from the process at any time. Sometimes, children and young people can make their own decisions about whether they need an Early Help Assessment, and who they want to support them.

If you think you and your family might benefit from some support, you should ask a professional who you know. This could be your doctor, or a teacher at your child's school. They can tell you more about Early Help.

You can also contact the Early Help Hub: early.help@cambridgeshire.gov.uk or call: 01480 376 666 (office hours). If you don't know who to ask for help.

In Peterborough, speak to school and request an Early Help assessment and if they are not able to help, please contact the Early Help Team for advice:

earlyhelp@peterborough.gov.uk or call 01733 863649



Positively Supporting Children with Self-Harming Behaviours for Parents and Carers in Cambridgeshire

we offer:

Free online and face-to-face workshops

Parent Support line: 07932 651319 (open Wednesdays 9 am – 12 pm or by appointment)

A private moderated Facebook support group Cambridge support group for parents of children/young people that self-harm

1-1 support and advice sessions

Peer support groups

For more information, email: cambridgefamilies@nessieined.com or call 01763 255427 OR

07949 368941

Opening hours Monday – Friday 9am – 5pm

Currently not available in Peterborough