

The following websites are very useful sources of advice and can also provide support.



**Anna Freud National Centre for Children and Families** – useful advice and links to support families and children.

<https://www.annafreud.org/coronavirus-support/support-for-parents-and-carers/>



**Family Lives and Parentline Plus** - national charity that works for, and with, parents. <https://www.familylives.org.uk/>



**Home-Start** – support, advice and practical help to families.

[www.home-start.org.uk](http://www.home-start.org.uk)



**Kooth** is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people. Please see the Parent/Carer Brochure and FAQs for more information about this helpful resource. <https://www.kooth.com/>



**MIND** - information and advice about mental health issues.

[www.mind.org.uk](http://www.mind.org.uk)



**NSPCC** – advice for parents and carers in how to support their children's mental health

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>



**Samaritans** - Telephone 116 123 for free

<https://www.samaritans.org/>



*Young Minds* – charity committed to improving mental health of children and young people

<http://www.youngminds.org><https://www.keep-your-head.com/cypg.uk/>

## Keep Your Head

*Keep Your Head* – a site that brings together good reliable up to date information on mental health and well-being for children and young people, parents/carers and professionals in Cambridgeshire & Peterborough.

<https://www.keep-your-head.com/cyp>