

# Support for Parents/Carers



**WOKINGHAM**  
BOROUGH COUNCIL

In partnership with



**Berkshire Healthcare**  
NHS Foundation Trust

The websites listed are a cross section offering good resources and in many cases cover various areas you may require support with.

**ARC**— [arcweb.org.uk/](http://arcweb.org.uk/) A local organisation offering free counselling and [factsheets](#)

**anDY Clinic** | [research.reading.ac.uk/andy/](http://research.reading.ac.uk/andy/) Andy offer assessments, treatment and research to children and young people aged 7-17 who are experiencing difficulties with anxiety and/or depression.

**SHaRON** [www.berkshirehealthcare.nhs.uk/5942](http://www.berkshirehealthcare.nhs.uk/5942) an online platform run by CYPF to support parents and carers of children/young people with eating disorders/autism/ADHD (or on the pathways) and expectant/new mums with mental health difficulties.

**Sport in Mind** [sportinmind.org](http://sportinmind.org) Reading based charity aiming "To improve the lives of people experiencing mental health problems through sport and physical activity"

**Family Lives** is a charity whose [website](#) contains help, advice and links relating to family life, school, parenting relationship, mental health/wellbeing, and more.

**NHS Parent** [advice and support](#) regarding mental health issues

**Blurt** helpful [reading](#) and free [resources](#) for parents/carers to support young people managing their mental health, sign up for newsletters too.

**Youngminds** | [www.youngminds.org.uk](http://www.youngminds.org.uk) A useful website for young people and parents/carers providing information on what anxiety is, the symptoms it presents and how you can be helped.

**No Panic** | [nopanics.org.uk](http://nopanics.org.uk) Provides a range of free resources for young people to help with anxiety.

**Kooth** | [kooth.com](http://kooth.com) Free online counselling service for young people aged 11-18. No wait lists, anonymous and professionally moderated.

**Anxiety UK** | [Anxietyuk.org.uk](http://Anxietyuk.org.uk) Provides support for those either diagnosed anxiety or those who suspect they have an anxiety condition.

**Self Help Ideas** [Annafreud.org](http://Annafreud.org) This link provides self help ideas for parents/carers but there is also a section for children/young people which has a separate self care section. This link takes you to the overall [parent and carer section](#).

**Action for Children** [actionforchildren.org.uk/](http://actionforchildren.org.uk/) protects and supports children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives.

**Resources** [camhs-resources.co.uk/downloads](http://camhs-resources.co.uk/downloads) **NOT TO BE CONFUSED WITH NHS CAMHS** this useful website has a number of links to resources for all things mental health in children and young people, all from reputable sources. Some are for parents/carers, others are for children/young people and support networks who need more information.

**MINDed** For Families is a [free learning resource](#) about the mental health of children, young people, through to older adults. For internet matters go to this [link](#).

**Place2Be** is a nationwide charity who work with schools but have a [parent section](#) with useful resources

**FFlag** [FFLAG](#) is a national voluntary organisation and registered charity. We are dedicated to supporting parents and families and their LGBT+ members.

**Stem 4** providing support for teenage mental health, they have apps and other [resources](#)

**The Hide Out** from Women's Aid to [help your child/young person](#) understand domestic abuse and how to take positive action

**Self Harm for Parents Leaflet** from [University of Oxford](#)

**Kidscape** has a focus on [bullying and cyber-bullying](#)

**NSPCC** has a [section for parents](#) to help with understanding and finding support

**Alumina** is a [self harm site](#) which has free online course for 14-19yrs

**Raising Kids** is an [Australian Parenting site](#) but is often recommended on UK sites

**BBC Bitesize** has a [section for parents](#) which includes dealing with current affairs, wellbeing and growing up.

**Safer Internet** Tips, advice, guides and resources to help keep your child safe [online](#) or **CEOP** is another [source](#)

**UNICEF** The [website has a variety](#) of useful videos as well as reading material.

**Resources from other NHS teams :**

Black country [minds](#)

Somerset [Parent and Carer Toolkit](#)

Sheffield [Epic Friends](#)

Kent [Good Mental Health Matters](#)

# Support for Parents/Carers



## APPS



**Self Help Anxiety Management (SAM)** A useful App for children with self-help techniques including multimedia and mini games.



**Smiling Mind** An App specifically targeted at young people experiencing stress, anxiety or depression. It aims to teach young people about mindfulness meditation.



**ThinkNinja** is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well



**Chill Panda** is a family friendly exploration and relaxation adventure game with quick chill breathing exercises to help calm the mind and body



**Thrive**— helps you prevent and manage stress, anxiety and related conditions. The game based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life.



**Worry Tree**—WorryTree was built by worriers, for worriers. Having learnt how to manage our own worries better, we wanted to give other people the tools to help them manage their worries and take back control of their lives.



**Molehill Mountain** is an app to help autistic people understand and self-manage anxiety, developed by Autistica and Kings College London.



**My Possible Self: the mental health app** Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking.



**Mee Too** MeeToo looks and feels like social media, but it's not. Behind the scenes a team of super peers moderators and counsellors work to make sure that the MeeToo app is safe and that every user gets appropriate support. **Age 12+**

Also: **Wysa Happiness Chabot** (helps build emotional resilience); **MindShift App** (Helps teens cope via strategies and tools); .

Look for NHS approved apps on [nhs.uk](https://www.nhs.uk) these are tested to make sure they are suitable.

Also, take a look at each of the sheets aimed at children/young people as they have a wider variety of apps, some of which are beneficial for all ages

## BOOKS

A wide range of titles, for different ages, can be found by visiting [lovereading](https://www.lovereading.org.uk/) or [readingwell.org.uk/](https://www.readingwell.org.uk/)

