














Resources for Parents and Carers - We understand that whilst your child is waiting for support to commence, it can be helpful to have some resources, information, and support to access in the meantime. We also understand that once support has finished, this can feel unsettling and daunting. You are not alone. It can take time for your child to process the support that they have received and to implement what they have learned or the information that they have been given. Please find below a comprehensive list of sources of support grouped into different categories. We encourage you to use these resources to build longer-term support beyond our short-term services.


General Support & Crisis Support (self-harm/suicidal thoughts)	
 <p>NHS 24/7 mental health crisis line For children, young people and their families who are in crisis.</p> <p>0800 915 4644</p>  <p>Mindworks (Previously CAMHS) The emotional wellbeing service for children and young people in Surrey.</p> <p>Home :: Mindworks Surrey</p>	 <p>Papyrus Hopeline UK If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.</p> <p>Call: 0800 068 4141 Text: 07860039967</p> <p>Opening hours: 9am – midnight every day of the year (Weekends and Bank Holidays included).</p> <p>Help and advice resources - Papyrus UK Suicide Prevention Charity</p>
 <p>Stay Alive App Suicide prevention resource packed full of useful information and tools to help you stay safe in a crisis.</p> <p>StayAlive - Essential suicide prevention for everyday life</p>	 <p>Hub of Hope The UK's leading mental health support database. It brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.</p> <p>https://hubofhope.co.uk/</p>
 <p>Alumina Webinar about supporting young people who self-harm. Presented by Alumina.</p> <p>Supporting Young People Who Self-harm - YouTube</p>	 <p>Young Minds A mental health charity for children, young people and their parents.</p> <p>Self-Harm & Mental Health Guide For Parents YoungMinds</p> <p>Suicidal Thoughts Suicidal Ideation Signs & Symptoms YoungMinds</p>
 <p>Anna Freud building the mental wellbeing of the next generation</p> <p>mental health and wellbeing.</p> <p>https://www.annafreud.org/parents-and-carers/</p>	 <p>Mind Advice and guidance for parents and carers in supporting their child with their mental health and wellbeing.</p> <p>https://www.mind.org.uk/for-young-people/information-for-parents/</p>

Anxiety/emotions



 <p>The Anxiety Response Some information about anxiety and the “fight, flight, freeze” response that it creates in our bodies. Understanding anxiety can help us to manage it.</p> <p>Fight Flight Freeze – Anxiety Explained For Teens - YouTube</p> <p>Fight Flight Freeze – A Guide to Anxiety for Kids - YouTube</p>	 <p>Young Minds A mental health charity for children, young people and their parents. The website provides a wealth of information on a wide range of topics.</p> <p>Starting a conversation with your child</p> <p>Supporting A Child With Anxiety Tips & Advice YoungMinds</p> <p>Anger Parents Guide To Support YoungMinds</p> <p>Exam Time & Exam Stress Parents Guide To Support YoungMinds</p>
 <p>The Adolescent Brain & Emotional Regulation The adolescent brain goes through a whole phase of re-modelling. Understanding this phase and emotional regulation can help to make sense of how to support children and young people with it.</p> <p>Your Special Teenage Brain - YouTube</p> <p>Dan Siegel - "The Adolescent Brain" - YouTube</p> <p>Dr Daniel Siegel presenting a Hand Model of the Brain - YouTube</p>	 <p>We Heart CBT resources This website has lots of resources to help understand thought patterns, how these contribute to feelings and behaviours and strategies to change unhelpful thinking</p> <p>WeHeartCBT</p>

Group/community support

 <p>YMCA East Surrey Monthly parent workshops helping parents and carers to support their child's emotional wellbeing.</p> <p>Children's Wellbeing Parent Workshops - YMCA East Surrey</p>	 <p>Young Minds Parent helpline.</p> <p>https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/</p>
 <p>Family Lives Parent helpline and website with support and information.</p> <p>0808 800 2222</p> <p>https://www.familylives.org.uk/</p>	 <p>Surrey County Council Local support, information and advice.</p> <p>https://www.surreycc.gov.uk/children/support-and-advice/families</p>
 <p>Barnardos Parent Wellbeing Service Support to parents and carers whose children are experiencing poor mental health and wellbeing.</p>	 <p>Family Voice Surrey Champions the needs and rights of families in Surrey.</p> <p>https://familyvoicesurrey.org/</p>

https://www.barnardos.org.uk/what-we-do/services/parents-wellbeing-service-pws-surrey	
 <p>Hope Service Parent/carer virtual groups. Topics range from: ADHD, ASD, sleep, self-care, mindfulness, gender identity and sexual orientation, trauma, mental health, substance misuse and open group forums for parents to share challenges in a safe and confidential space.</p> <p>http://www.hopeservice.org.uk/parent-and-carers-group/</p>	

Emotionally-based school non-attendance (EBSNA)

 <p>Surrey Local Offer</p> <p>Emotionally Based School Non-Attendance (EBSNA) Surrey Local Offer</p> <p>EBSNA Resources for Parents (padlet.com)</p> <p>Not Fine in School - School Refusal, School Attendance</p> <p>https://missingthemark.blog/category/publications/</p>	 <p>Family Voice Surrey Family Voice Surrey offer an EBSNA support group for parents. This is a Surrey wide group.</p> <p>https://familyvoicesurrey.org/</p> <p>Email: lucy.y@familyvoicesurrey for more information</p>
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Other topics of support

<p>School Transition</p> <p>How Parents Can Help With Secondary School Transition YoungMinds</p>	<p>Healthy Relationships</p> <p>Tea and Consent - YouTube</p> <p>Healthy relationships NSPCC</p>
<p>Neurodiversity</p> <p>A Mindworks out-of-hours phone line provides advice to parents and carers who are struggling with behaviours or difficulties which could be related to neurodevelopmental need, such as autism or ADHD. It runs from 5pm until 11pm, seven days a week, 365 days a year. Call 0300 222 5755</p> <p>Home :: Mindworks Surrey</p> <p>https://www.surreylocaloffer.org.uk/parents-and-carers</p> <p>https://nassurreybranch.org/</p> <p>https://appeer.org.uk/</p> <p>https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/adhd/</p>	<p>Self-Care</p> <p>https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/</p> <p>https://parents.actionforchildren.org.uk/mental-health-wellbeing/stress/parents-self-care/</p> <p>https://www.youngminds.org.uk/parent/parents-guide-to-looking-after-yourself/</p>

https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/autism-and-mental-health/	
Sleep Home - The Sleep Charity	

Resources provided by YMCA East Surrey's Emotional Wellbeing and Mental Health Team