

# Parent Carer Support Available

A guide for parents & carers about support available for them, as they support their children with their mental health and well being .



## Youngminds

Youngminds offer three different services to parents and carers who are concerned about their child's mental health, up to the age of 25.

On their website you can find out more about their Parent's Helpline, Webchat and Email service.

Call their Parent's Helpline on 0808 802 5544, Monday - Friday 9:30am - 4:00pm, for detailed advice, emotional support and signposting about a child or young person up to the age of 25. You'll get through to a trained adviser who will listen

Their Parent's webchat is open 9:30am - 4pm, Monday - Friday. To access the webchat, select the chat icon in the bottom right corner of your screen on the Youngminds website [www.youngminds.org.uk](http://www.youngminds.org.uk)



## Parent Talk

Action for Children protect and support children and young people, providing practical and emotional care and support. They aim to ensure their voices are heard, and campaign to bring lasting improvements. Their Parent Talk is down-to-earth parenting advice you can trust. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.

Website : [www.parents.actionforchildren.org.uk](http://www.parents.actionforchildren.org.uk)



## NSPCC

The NSPCC work directly with children and families.

Recognising the signs that a child may be struggling with their mental health can be really hard. The NSPCC have got advice to help you support children who may be experiencing depression, anxiety, suicidal feelings or self-harm.

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

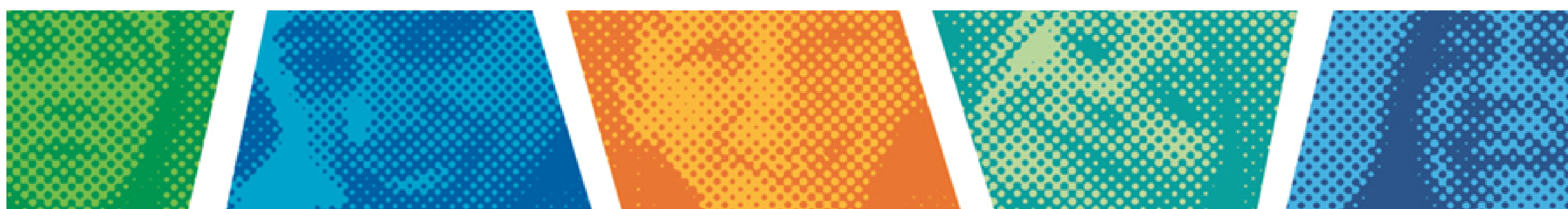


## Well being resources for families | Place2Be

Place2be are committed to helping children with their mental health, aiming to intervene early to prevent life-long mental health issues.

They provide support early to spot mental health problems before they develop and help children cope with challenges throughout their lives using an effective therapeutic approach backed by research that combines several ways of working. They have well-being resources for families which can help you start conversations with your child, and encourage you to enjoy quality time together as a family, all of which is important for your well being.

[www.place2be.org.uk](http://www.place2be.org.uk)





Blackpool Teaching Hospitals  
NHS Foundation Trust

Support and Help IN Education  
Fylde Coast Mental Health Support Team

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## Blackpool Healthier Minds Service

Blackpool Healthier Minds Service, (formerly known as Supporting Minds), offers a range of free psychological therapies to people aged 16 and over. They provide the Improving Access to Psychological Therapy ( IAPT ) service for Blackpool and Cleveleys.

They offer brief therapeutic interventions to support people's needs, these include; online, telephone and face-to-face treatment and therapy options.

All treatment is FREE and provided by the Blackpool NHS Trust.

Self-refer on their self-referral form. Call on 01253 955700.

Email: [bfwh.healthierminds@nhs.net](mailto:bfwh.healthierminds@nhs.net)

Website : [www.bfwh.nhs.uk/our-services/healthier-minds/](http://www.bfwh.nhs.uk/our-services/healthier-minds/)



## Mindsmatter (Fylde & Wyre)

Mindsmatter aim to provide support to people who experience difficulties such as stress, anxiety and depression. They aim to empower people to make informed choices and changes to improve well-being and to live fulfilled lives, by offering a range of talking therapies and self-help to meet your needs.

Call On : 01253 955 943 [www.lscft.nhs.uk](http://www.lscft.nhs.uk)



## Mind

Changing minds across England and Wales by making mental health an everyday priority. Standing up to the injustices – in healthcare, in work, in law – which make life harder for those of us with mental health problems.

Mind's online community Side by Side is a supportive place where you can feel at home talking about your mental health and connect with others who understand.

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



Lancashire Mental Health Crisis Line is available 24 hours a day. It is staffed by trained mental health professionals. Call 0800 953 0110



Togetherall is a unique mental health service offering an anonymous and safe support community. They provide a range of self-guided support through our 24/7.

## Get in touch

Your school's Senior Mental Health Lead will have details of your Trainee EMHP and Mental Health Practitioner.

If you have any further questions, do not hesitate to contact us directly and one of our team will respond to you.



0800 121 7762 (Option 4)



[bfwh.shine-MHST@nhs.net](mailto:bfwh.shine-MHST@nhs.net)

Did you know you can follow us on social media ?



@shine\_mhst



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Fylde Coast Mental Health Support Team

