

National Resources and Useful Contacts

www.cafcass.gov.uk –

<https://www.cafcass.gov.uk/grown-ups/parents-and-carers/divorce-and-separation/parenting-together/>

Useful information and free download of SPIP booklet and Parenting Plan. Section called 'Parenting Together' has a range of information and educational programmes to help families understand the needs of the child when parents separate.

www.nfm.org.uk – National Family Mediation services. Tel: 0300 4000 636. Useful information for co parents wanting to access Mediation services.

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/separation-divorce-and-contact - Useful tips to support parents

www.sortingoutseparation.org.uk – Government site. Useful information and helpful advice

www.dad.info/article/category/family/divorce-and-separation - Managing conflict

www.relate.org.uk/relationship-help/help-separation-and-divorce - Useful tips for parents

www.singleparents.org.uk/parenting/contact/when-you-and-your-ex-disagree - Single Parents Action Network. Practical advice on all aspects of parenting and relationships

www.gingerbread.org.uk – Advice and practical support for single parents

www.fnf.org.uk – Families need fathers offer advice and support to separating families. Their online forum and network of branches also offer legal guidance

www.wikihow.com/cope-with-separation - Useful and practical information

www.partnershipforchildren.org.uk – See tab 'what we do' and go to 'resources for parents'-useful to support children's mental health

www.mckenziefriend.org.uk – McKenzie Friend is a low cost court support service

<https://www.afathersfriend.co.uk/faqs> Service to support separating fathers arrange contact.

<https://www.dadsunltd.org.uk/> Helpline, mentoring, group support for separating Dads

Other useful Websites

- www.grandparentsplus.org.uk

- www.relaxkids.com
- www.place2be.org.uk
- www.happyconfidentkids.org.uk/top-tips

Other useful contacts

- Samaritans www.samaritans.org Tel: 116 123 operates a 24 hour service available every day of the year. If you prefer to write down how you're feeling, or if you are worried about being overheard on the phone, you can email Samaritans at jo@samaritans.org or write to FREEPOST RSRB KKBY CYJK PO Box 9090 Stirling FK8 2SA
- Family Action Family Line www.family-action.org.uk/familyline Tel: 0808 802 6666 or Text: 07537404 – Providing help to support parents with advice and practical guidance.
- CALM Tel: 0800 585858 thecalmzone.net has a helpline for men who need to talk or find further information and support. They're open 5pm to midnight all year round.
- The Freedom Programme – www.freedomprogramme.co.uk 24hour Domestic Abuse Helpline Tel: 0808 2000 247
- Childline Tel: 0800 1111 Helpline for children and young people in the UK. Calls are free and the number won't show up on the payers bill
- POPYRUS Tel: 0800 068 4141 Voluntary organisation supporting teenagers and young adults who are feeling suicidal
- Depression Alliance depressionalliance.org is a charity for people with depression. It doesn't have a helpline but offers a wide range of useful resources and links to relevant information
- The Sanctuary Tel: 0300 003 7029 helps people who are struggling to cope – experiencing depression, anxiety, panic attacks or in crisis. You can call them between 8pm and 6am each night.



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