

Practical and Mental health Support services for Parents, Children and extended Family members

- **Family Action - Family Line.**
Helping to support parents with advice and practical guidance. Tel: 0808 802 6666. Text: 0753740428. Email: familyline@family-action.org.uk/familyline
- **Samaritans** – www.samaritans.org/branches to find your nearest branch.
Operates a 24 hour service which is available every day of the year. Tel: 116 123. If you prefer to write down how you're feeling, or if you are worried about being overheard on the phone then you can Email; jo@samaritans.org or write to FREEPOST RSRB-KKBY-CYJK, PO Box 9090 Stirling, FK8 2SA
- **CALM - the calmzone.net**
Tel; 0800 58 58 58. This is a helpline for men who are down or who have 'hit a wall' for any reason and who need to talk or find information and support. They are open 5pm to midnight 365 days per year.
- **Childline**
Tel; 0800 1111. This is a helpline for children and young people in the UK. Calls are free and the number wont show up on your phone bill.
- **PAPYRUS**
Tel: 0800 068 4141. This is a voluntary organisation supporting teenagers and young people who are feeling suicidal.
- **Mind – mind.org.uk**
This is a charity for people with depression and can be accessed via their website.

Websites to support children with Mindfulness and Confidence.

- www.relaxkids.com
Support for children with mindfulness techniques
- www.place2be.org.uk
Improving children's mental health
- www.happyconfidentkids.org.uk
Support to enable children to become confident



