

## **Parent Support Guide: November 2020**

### **General Support and Guidance:**

- NHS Help and Support: <https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/>
- NHS: Worried about your teenager? <https://www.nhs.uk/conditions/stress-anxiety-depression/worried-about-your-teenager/>
- Parent Info: <https://parentinfo.org/articles/all>
- The Happy Child App (from the Human Improvement Project):  
Apple- <https://apps.apple.com/gb/app/the-happy-child-parenting-app/id1422829127>  
Android- [https://play.google.com/store/apps/details?id=com.hip.app&hl=en\\_GB&gl=US](https://play.google.com/store/apps/details?id=com.hip.app&hl=en_GB&gl=US)

### **Mental Health:**

- Young Minds: <https://youngminds.org.uk/>
- Mind.org: <https://www.mind.org.uk/information-support/for-children-and-young-people/>
- Hector's House, Library of Calm: <https://hectorshouse.org.uk/library-of-calm/>

### **Self-Harm:**

- Parent guide to self-harm ([Link](#))
- NHS: <https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/mental-and-emotional-health/self-harm/>
- Young Minds 1: <https://youngminds.org.uk/find-help/feelings-and-symptoms/self-harm/>
- Young Minds 2: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-harm/>
- Calm Harm - an App designed for students who self-harm or have panic attacks: <https://calmharm.co.uk/>

### **Anxiety:**

- NHS: <https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/mental-and-emotional-health/anxiety/>
- NHS: <https://www.nhs.uk/conditions/anxiety-disorders-in-children/>
- Young Minds: <https://youngminds.org.uk/find-help/conditions/anxiety/>

### **Low Mood and Depression:**

- Young Minds: <https://youngminds.org.uk/find-help/conditions/depression/>
- Relate: <https://www.relate.org.uk/relationship-help/help-family-life-and-parenting/parenting-teenagers/mental-health/teen-depression>

### **Child Bereavement / Traumatic Events:**

- Young Minds: <https://youngminds.org.uk/blog/talking-about-traumatic-events/>
- Child Bereavement UK: <https://www.childbereavementuk.org/>
- Daisy's Dream: <https://www.daisysdream.org.uk/>

### **E-safety:**

- Safer Internet: <https://www.saferinternet.org.uk/advice-centre/parents-and-carers>
- NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- Gov.uk: <https://www.gov.uk/government/publications/child-safety-online-a-practical-guide-for-parents-and-carers/child-safety-online-a-practical-guide-for-parents-and-carers-whose-children-are-using-social-media>

### **Peer Pressure:**

- <https://parentzone.org.uk/peerpressure>
- <https://www.childnet.com/blog/online-challenges-and-peer-pressure>

### **Sleep Issues:**

- Young Minds: <https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/>
- Sleep Foundation: <https://www.sleepfoundation.org/articles/teens-and-sleep>
- Child Mind: <https://childmind.org/article/help-teenagers-get-sleep/>

**Parenting Teenagers:**

- Relate: <https://www.relate.org.uk/relationship-help/help-family-life-and-parenting/parenting-teenagers>
- Family lives: <https://www.familylives.org.uk/advice/teenagers/you-and-your-teen/parenting-teenagers/>