

Mental Health Forum Resources - Parental Mental Health

Hampshire website with lots of information:

<https://hampshirecamhs.nhs.uk/help/parents-carers/>

www.italk.org.uk - **counselling support and courses**



Christians Against Poverty - offer financial support and advice

YOUNG MINDS - having conversations

guidance <https://www.youngminds.org.uk/media/tv2gclvu/conversation-with-parents.pdf>

Home-Start UK is a leading family support charity. They offer support and practical help to families and children facing challenges around mental and physical health, isolation, disability, post-natal depression, money problems and more. More information can be found on their website www.Home-Start.org.uk

A referral can be made to the **Early Help Hub** through your child's school. The Early Help Hub provides support for the whole family and will discuss your concerns with you, offer advice and suggest the relevant support for you and your family. We have enclosed a leaflet for more information.

Supporting Families in Hampshire provide practical help to families to stop problems getting worse. They ask families about the things that are important to them, about the things that might help and can be done to support them. More information can be found on their website: www.Hants.gov.uk/Supporting-Families or they can be contacted on: 01962 847 773 or Supporting.Families@hants.gov.uk

Family Support Service (FSS). The FSS offer single session appointments, courses and one to one work to support families of children and young people aged 0-18yrs with difficulties that are impacting on their lives. You can ask your health visitor, nursery or school to fill in a FSS Level 2 RFS form. This must be signed by both the parent(s) and professional referring.

The **Children's Wellbeing Support Service** provides early intervention and support for parents of children with Social, Emotional and Mental Health (SEMH) needs which can present in a similar way to Autism, Attention Deficit Disorder, Attachment Disorder, anxiety and poor emotional wellbeing. Referrals to this service have to be made by a health professional such as your GP.

Hub of Hope APP

www.hubofhope.co.uk

You may also find it useful to look at our **recipes4wellbeing** which can be found at <https://www.sussexcamhs.nhs.uk/resources/resources-for-families-carers-and-professionals/recipes-4-wellbeing> These cards provide help and advice about how to support young people, what to look out for, and when you should be concerned.