Bury Young People's Mental Health Support Team
Thrive in Education

SIGNPOSTING FOR PARENT/CARER WELLBEING

NHS Pennine Care NHS Foundation Trust

YOUNGMiNDS

Call our Parents Helpline for free on 0808 802 5544.
We're open Monday - Friday 9:30am - 4:00pm.

YoungMinds supports parents/carers with online information guides for children, young people and parents/carers. YoungMinds have a helpline for parents/carers or an online chat option to support you in supporting your young people.

https://www.youngminds.org.uk/parent/

NSPCC

The NSPCC helpline is available Monday-Friday 10am-4pm: 0808 800 5000

https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/

NHS

The NHS website contains helpful guides, tools and activities that can be accessed to improve mental health. This includes 5 ways to wellbeing, stress busters, breathing exercises for stress and mental wellbeing audio guides. As well as advice for parents/carers on varied topics.

https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/
https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/

Additional support for mental health:

Improving Access to Psychological Therapies (IAPT) services offer talking therapies, such as cognitive behavioural therapy (CBT), counselling, other therapies, and guided self-help for common mental health problems, like anxiety and depression Find an NHS psychological therapies service - https://www.nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service