



Sources for Support

We recognise this is a challenging time for everyone, and it is normal to feel worried, stressed and anxious when we are faced with uncertain situations. If you are experiencing particular difficulties and are finding you or your children are struggling to cope, we hope you will find these sources of support helpful.

For parents

Samaritans

Call 116 123

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Mind UK

<https://www.mind.org.uk/>

<https://www.mind.org.uk/information-support/support-community-elefriends/>

UK Mental Health Charity with information and an online mutual support community

For young people

www.kooth.com

www.youngminds.org.uk

www.keep-your-head.com

Parenting pressures

Family Action

Telephone: 0808 802 6666

Text message: 07537 404 282

<https://www.family-action.org.uk/what-we-do/children-families/familyline/>

The FamilyLine service supports people who are dealing with family pressures in a new and innovative way by using a network of volunteers from across the country to support family members over the age of 18 through telephone calls, email, web chat and text message.

Family Lives (previously Parentline)

Call: 0808 800 2222

<https://www.familylives.org.uk/how-we-can-help/confidential-helpline/>

Family Lives offers a confidential and free helpline service for families in England and Wales (previously known as Parentline) for emotional support, information, advice and guidance on any aspect of parenting and family life. The helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday.

Gingerbread

Single Parent Helpline: 0808 802 0925

gingerbread.org.uk

For one Parent Families Gingerbread is the leading national charity working to help lone parents and their children.



Grandparents Plus

Call: 0300 123 7015

[grandparentsplus.org.uk](https://www.grandparentsplus.org.uk)

Grandparents Plus is the only national charity (England and Wales) dedicated to supporting kinship carers - grandparents and other relatives raising children who aren't able to live with their parents.