

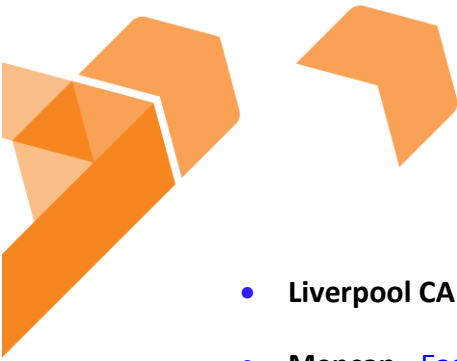
Advice for Parents

Local Services in Surrey:

- [Children and Family Health Surrey Advice Line](#): Families with children from birth to 19 years old can call our Surrey-wide 0-19 Advice Line on: 01883 340 922
- Online CBT service for 18+ for those registered with a GP in Surrey:
https://www.iesohealth.com/en-gb/online-cbt/surrey?gclid=EAlaIqOBChMI5I3_7u-m6AIVSLDtCh066w3mEAYASAAEgJiqPD_BwE
- Family information Service: <https://www.surreycc.gov.uk/people-and-community/families/support-and-advice/parenting-courses-and-advice>
- **Barnardo's Positive Parenting Support**: Specialist ADHD Parenting Support: Advice and support for parents of children who have been diagnosed with, or whose children are awaiting a diagnosis of ADHD. Tel: 01293 610689
surreypositiveparenting@barnardos.org.uk
- **Surrey's Educational Psychologists** have put together a resource pack for COVID-19. This includes information and tips on managing home learning, general wellbeing and anxiety during these difficult times. They also have a helpline. You can access the pack [here](#).

National Services and Support:

- **Family Lives** - Offers parenting advice <http://www.familylives.org.uk/> Free phone helpline 7am to 12am Tel: 0808 800 2222
- <https://www.samaritans.org/> - We offer a safe place for you to talk any time you like, in your own way – about whatever is getting to you. You don't have to be suicidal. Tel: 116123
- **Young Minds**
 - Parent Advice line: Available to offer advice to anyone worried about a child or young person under 25 operating Mon-Fri from 9.30am to 4pm Tel: 0808 802 5544 <https://youngminds.org.uk>
 - [Talking to your child about coronavirus and 10 tips from their Parents Helpline to support family wellbeing](#)
- **Anna Freud** - [video for parents](#)
- **Carers UK** - [Guidance for carers of coronavirus](#)



- **Liverpool CAMHS resource** - [Supporting children during social distancing](#)
- **Mencap** - [Easy Read guide to coronavirus](#)
- **Place2Be** - [Guide to helping parents answer questions from their children and to support family wellbeing](#)
- Advice from **mentalhealth.org** on looking after mental health during the coronavirus pandemic: <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>
- Managing stress and anxiety: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- **Stem4** have created some downloadable mental health resource sheets in light of the COVID-19 outbreak. There is information for parents, teenagers and primary care workers on how to promote positive mental health for young people during this difficult time.
- **Bounce Forward** are delivering free resilience-building sessions online for parents so they can help their children thrive through and beyond these uncertain times.
- **Combined Minds** is an app to help parents/friends to supports someone who is anxious