

Support Resources (Click on the contents to jump to that part)

1. **Parenting Support - Call FSW helpline 01926412412**
2. **Families Support - Call FIS helpline 08004081558 / 01926742274**
3. **Health Support - text a school nurse on 07520 619 376 Health Visitor 07520 615293**
4. **Child Emotional Wellbeing /Mental health/Self Harm/Suicide ideation www.hubofhope.co.uk**
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Parenting Support

Family connect- Speak to a Family support worker for immediate Parenting support and advice as well as signposting to relevant services relevant to the challenges being experienced.

Call 01926 412412 and select the option to speak to a family support worker.

See the following links to parenting workshops/programmes and face to face family support worker consultations:

<https://www.warwickshire.gov.uk/parentingcourses> ,
<https://www.warwickshire.gov.uk/children-families/parenting-support/2> ,
<https://www.warwickshire.gov.uk/children-families/parenting-support/3> ,
<https://www.warwickshire.gov.uk/children-families/parenting-support/6> ,
<https://www.warwickshire.gov.uk/children-families/service-changes-children-families/2> ,
<https://www.eventbrite.co.uk/o/warwickshire-parenting-support-71623337213>
<https://www.warwickshire.gov.uk/children-families/parenting-support/7>

Other useful Resources:

- **Anna Freud** -Emotional based parenting support **Anna Freud Centre Parents and Carers | Advice and Guidance | Anna Freud Centre** - Building the mental wellbeing of the next generation
<https://www.annafreud.org/>
- **Family Lives** support for families re parenting, health & wellbeing, behaviour, bullying, school, separation, divorce, relationships, development, online, communications, money, pregnancy, Dads, holidays, online courses, stepfamilies, fostering, SEN, Divorce Family issues -
<https://www.familylives.org.uk/> tell 08088002222 email askus@familieslives.org.uk
- <https://thesleepcharity.org.uk/information-support/children/>
- <https://raisingchildren.net.au/>
- [Child to parent violence /support with establishing action plan to help everybody feel safe at home, general parental advice and guidance https://capafirstresponse.org/families/ and https://www.pegssupport.co.uk/#Home-supportforparents](https://www.capafirstresponse.org/families/)
- <https://www.childcare.co.uk/> - announced as the winner of a DfE competition to find innovative ways to help parents choose the right childcare
- <http://www.parentpages.co.uk/> - the national directory of services aimed at parents
- <https://www.gov.uk/government/organisations/department-for-education> - The latest and widest range of public service information from the UK government
- <https://www.bbc.co.uk/parenting/> - Advice for parents of primary-aged children

Families Support

- **Freefone 08004081558/01926742274** can provide advice, support and guidance to parents and professionals with issues that affect families such as childcare/activities, financial support, divorce, and separation support, SEND needs, access to advice of other relevant departments agencies and national support for families supporting families
- **Families financially struggling** <https://communitygrocery.org.uk/how-we-can-help/>
- Requiring Food Banks, need help with water and fuel bills or Council Tax arrears contact FIS for help
<https://www.warwickshire.gov.uk/foodbanks>

Health Support

- **Access Children's Young People Health Support** refer to school health support with medical condition telephone 03300245204 email connectforhealth@compass-uk.org
- **Connect to Health Chat Health Parent Warwickshire** - If you are the parent of carer of a school aged child, you can text a school nurse on **07520 619 376** Monday to Friday from 9am to 5pm
- <https://www.youngpilepsy.org.uk/>
- <https://111.nhs.uk/>
- <https://www.wellbeing4life.co.uk/>
- <https://www.nhs.uk/healthier-families/>

Child Emotional Wellbeing /Mental health/Self Harm/Suicide ideation

<https://www.childrensociety.org.uk/information/young-people/well-being/services/time-coventry-warwickshire>

Free emotional well being support

<https://cwrise.com/primary-mental-health/> -Parents can book a consultation with a member of the primary mental health team and be supported with parenting strategies and approaches in the context of a child/young person's emotional wellbeing/mental health.

<https://dimensions.covwarkpt.nhs.uk/> - Produces a report of strengths and challenges to inform consultation with the primary mental health team as well as providing signposting information.

MHISC Mental Health in School Counselling –.Please see below MHISC providers.

- <https://cwrise.com/for-parents/> Resources in relation to emotional regulation
- <https://cwrise.com/mhst/> RISE mental health in schools team - They provide mental health interventions, advice, and liaison with specialist services to help children and young people get the right support. Call Rise Navigation Hub – 03002002021 asking for MHIST and a MHIST worker will contact you.
- <https://cwrise.com/how-to-refer-to-services/>
- <https://cwwmind.org.uk/warwickshire/>

Crisis Helplines:

- Young Minds helpline - **0808 802 5544** Monday - Friday. -They have information for young people, **Parents**, and **Professionals** on -Feelings - mental health conditions <https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>
- **Childline** <https://www.childline.org.uk/get-support/> you can call 08001111 live chat to a counsellor, send an email or watch talking to Childline on YouTube or there is ask Sam and have resources on a wealth of topics <https://www.childline.org.uk/info-advice/>
- <https://www.childline.org.uk/toolbox/> as well as a safety plan template <https://www.childline.org.uk/info-advice/bullying-abuse-safety/abuse-safety/making-a-safety-plan/>
- <https://www.warwickshire.gov.uk/mental-health-wellbeing/emotional-wellbeing-mental-health-support-young-people/2>
- Young Mind Young Person Crisis lines <https://www.youngminds.org.uk/young-person/find-help/i-need-urgent-help/>
- National Suicide Prevention Helpline: <https://spuk.org.uk/national-suicide-prevention-helpline/> 0800 587 0800 (open 24/7)
- **SHOUT** 85258 24/7 crisis text support <https://giveusashout.org/>

- Papyrus <https://www.papyrus-uk.org/>
- Hope line UK 08000684141 text 07786209697
- Mental Health -Crisis Support '111' and press option for child mental health support
- Hub of Hope – www.hubofhope.co.uk

Self-Harm support

- **CW Mind** <https://cwmind.org.uk/about-self-harm/>
- **Peer Support Group** for parents of children who self-harm
SPPARK@kaleidoscopeplus.org.uk Tel 07970040026
- **Blue Ice** <https://www.nhs.uk/apps-library/blueice/> Blue Ice is an evidenced-based app to help young people manage their emotions and reduce urges to [self-harm](#).
- **Calm Harm** <https://www.nhs.uk/apps-library/calm-harm/> Calm Harm is an app designed to help people resist or manage the urge to self-harm.
- **SAM APP** <https://www.mindgarden-tech.co.uk/sam>
- **Violet Project** The Violet Project run a support group for those who are caring for someone who self-harms. It offers chance for you to talk about your wellbeing, this group is online and runs on the third Tuesday of every month between 7 pm- 8:30 pm
<https://docs.google.com/forms/d/e/1FAIpQLSdQz5ljVONGniSCHo2WkvDYSo4-7P1ufQVn4m-liFTyeMND5Q/viewform>

Grief & Loss

<https://www.warwickshire.gov.uk/mental-health-wellbeing/counselling-bereavement-service>
[Winston's Wish - Bereavement Support for Children](#)

Young People/Adults Struggling with Substance/Alcohol Misuse or impacted by another persons misuse

- <https://www.warwickshire.gov.uk/alcohol>
- <https://www.changegrowlive.org/drug-alcohol-service-warwickshire/nuneaton>
- <https://www.compass-uk.org/services/warwickshire-cypdas/>
- Young Minds – Substance Misuse support
<https://www.youngminds.org.uk/young-person/coping-with-life/drugs-and-alcohol/>
- NHS advice and support
<https://www.nhs.uk/live-well/addiction-support/drug-addiction-getting-help/>
- Catch 22 may have some useful advice on the website
<https://www.catch-22.org.uk/offers/substance-misuse/>

Access to identity issue and support

- <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/gender-identity/>
- <https://warwickshirepride.co.uk/events/transtogether>
- <https://genderedintelligence.co.uk/>
- <https://switchboard.lgbt/>
- <https://www.mindinsomerset.org.uk/our-services/adult-one-to-one-support/mindline-trans/>
- <https://mermaidsuk.org.uk/>
- <https://galop.org.uk/>
- <https://www.akt.org.uk/>
- <https://www.dsdteens.org/>
- <https://mindout.org.uk/>
- <https://notaphase.org/>

- <https://www.stonewall.org.uk/>
- <https://pinktherapy.com/>
- <https://spectra-london.org.uk/>

Staying safe on the internet/Social Media/Child criminal exploitation/Child sexual exploitation

<https://www.somethingsnotright.co.uk/>

<https://www.internetmatters.org/> Families can access a digital toolkit as well as lots of other useful resources relating to keeping children safe on the internet.

<https://www.ceop.police.uk/Safety-Centre/>

Attendance issues support

Warwickshire Attendance Support

<https://www.warwickshire.gov.uk/school-attendance/school-attendance-guidance-parentscarers>

Attendance Support for school

<https://www.gov.uk/government/publications/mental-health-issues-affecting-a-pupils-attendance-guidance-for-schools>

Define Fine - a national parent carer led peer support organisation

Not Fine in School - a national parent carer led peer support organisation

Square Peg - a national parent carer led peer support organisation

Parent and carer wellbeing: free webinar series from Autism Central - with Dr Abigail Fisher and Eliza Fricker

Your child is not broken – parent your neurodivergent child without losing your marbles by Heidi Mavir

Warwickshire Specialist Teaching Service <https://schools.warwickshire.gov.uk/education-resources/specialist-teaching-service-sts>

Education Psychology Service <https://www.warwickshire.gov.uk/educationalpsychology>

Warwickshire Attendance Service WAS was@warwickshire.gov.uk

Emotional Based School Non Attendance: <https://www.warwickshire.gov.uk/ebsna>

Young Carer support

Young people who have a caring responsibility there is **Young Carers Tel 01926963940**

<https://www.warwickshireyoungcarers.org.uk/> for young person who have a family member who has a condition that impacts on the young person over 6 years be that physical needs, medical needs, or mental health needs to refer <https://www.warwickshireyoungcarers.org.uk/referrals.aspx>

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

SEND Support

[SEND Local Offer – Warwickshire County Council](#)

Warwickshire Specialist Teaching Service <https://schools.warwickshire.gov.uk/education-resources/specialist-teaching-service-sts>

Education Psychology Service <https://www.warwickshire.gov.uk/educationalpsychology>

Access to Impartial Support around Educational Health Care Plan:

SENDIAS – Special Educational Needs/Disability Information Advice and Support Service

SENDIAS is a service providing the information, advice, and guidance around the legal aspects of SEND support, working impartially to empower parents/cares and young people to understand their rights and responsibilities in relation to the Code of Practice. We support families across the whole of Warwickshire
Telephone 01788 593159 email warwickshiresendiass@barnardos.org.uk

<https://www.barnardos.org.uk/get-support/services/warwickshire-sendiass>

IPSEA Independent Provider of Specialist Education Advice - IPSEA offers independent based advice, support, and training to help get the right education for children and people with special educational needs and disabilities (SEND) <https://www.ipsea.org.uk/> Tel 01799582030

Information for Neurodivergent people and their families-

<https://dimensions.covwarkpt.nhs.uk/documents/24272%20Information%20and%20Advice%20for%20Neurodivergent%20People%20and%20their%20Families%202023%20V5.pdf>

Children's Community Autism Support Service Tel 02476 012333

<https://cwmind.org.uk/diverseortypical/>

Autism Parent Programme - <https://casspartnership.org.uk/training-and-education/>

Act for Autism- <https://actforautism.co.uk/>

Autisca - <https://www.autistica.org.uk/>

Autism Central <https://www.autismcentral.org.uk/>

Autism Girls Network <https://autisticgirlsnetwork.org/>

Girl with the Curly hair/Boy with Spikey Hair <https://thegirlwiththecurlyhair.co.uk/>- has books, animation, courses and training for parents and young people

Neurodiversity & Autism [Neurodiversity & Autism - Happy Healthy Lives](#)

Young Mind on Autism, Autism & Mental Young Minds Parent

helpline <https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>

Tel **0808 802 5544** from 9:30am - 4pm, Monday - Friday.

They have information for young people, **Parents**, and **Professionals** on

<https://www.youngminds.org.uk/young-person/mental-health-conditions/autism-and-mental-health/>

Coventry & Warwickshire MIND **Early Support Programme** – Short term, strategic service offering support for Autistic individuals (preventing hospitalisation service)

SkT@cwmind.org.uk or telephone 02476631835

National Autism <https://www.autism.org.uk/>

Young Minds on ADHD and Mental Health <https://www.youngminds.org.uk/young-person/mental-health-conditions/adhd-and-mental-health/>
<https://www.swft.nhs.uk/our-services/occupational-therapy-children> -Parents can access universal sensory workshop . There is also a sensory toolkit available via this link to aid understanding and inform strategies and approaches to support children and young people. There are also resources sharing strategies and approaches in relation to sensory needs.

Co Parenting- parenting, dealing with separation, conflict & divorce

See WCC parenting programmes- Parenting together /Keeping child in mind – Parents can book here
<https://www.eventbrite.co.uk/o/warwickshire-parenting-support-71623337213>

Parents and Carers | Advice and Guidance | Anna Freud Centre -

Advice and guidance for parents and carers to help them support a child or a young person experiencing poor mental health or wellbeing

<https://www.annafreud.org/resources/family-wellbeing/advice-and-guidance-for-parents-and-carers-in-conflict-or-separating/>

Childline has resources available to support when parents are splitting up or divorce

<https://www.childline.org.uk/info-advice/home-families/family-relationships/divorce-separation/>

Separated parents' impact on the young person - <https://www.warwickshire.gov.uk/family-relationships-1/separation-co-parenting>

Access to Parenting Conflict Support - Separated parents' impact on the young person -

<https://www.warwickshire.gov.uk/family-relationships-1/separation-co-parenting>

CAFCASS -<https://www.cafcass.gov.uk/parent-carer-or-family-member/my-family-involved-private-law-proceedings/resources-help-you-make-arrangements-are-your-childs-best-interests/how-parenting-plan-can-help> <https://www.seeitdifferently.org/>

Adult Emotional Wellbeing Support /Mental health

- **Hub of Hope** – www.hubofhope.co.uk Has list of all Mental Health conditions and things affecting Mental Health services accessible in your area and site will direct you to the local offer
- **Wellbeing for Warwickshire helpline** 0800616171 16+, online <https://cwmind.org.uk/wellbeing-for-warwickshire/> & face to face visiting one of the 7 hubs available throughout Warwickshire.
- Parenting project counselling <https://parentingproject.org.uk/>
- **Togetherall** <https://togetherall.com/en-gb/> online self-accessible emotional wellbeing resource, it is moderated and has access to counsellors, practitioners, post & chats and has emotional wellbeing resources such as mood diaries etc.
- **IAPT** access to counselling Tel 02476671090
- **Coventry & Warwickshire Mind** Tel 02476552847 <https://cwmind.org.uk/2021-services/>
- **Saneline** **SANeline services - SANE** open every day of the year from 4pm to 10pm on 0300 304 7000
- **Every Mind Matters** Better Health <https://www.nhs.uk/every-mind-matters/>
- **Samaritans 116123** <https://www.samaritans.org/>– Free 24hour listening support
- **CALM** Campaign Against Living Miserably Tel 0800585858 5pm-12am
- Web chat available and website <https://www.thecalmzone.net/help/get-help/>
- **Adult Mental Health Support**
- **Key Ring Community Support** - Matthew Wilson - 07825 275 405 -matthew.wilson@keyring.org
- **Mental Health Access Hubs** Tel Phone: 0300 200 0011 – Press 1 for mental health 24/7 365 days per year
- **Digital Mental Wellbeing** Free support for adults across the UK [Quell](http://www.qwell.io/) <https://www.qwell.io/>

Access to Domestic Abuse support

Access to Domestic Abuse Services – Warwickshire

[Refuge Domestic Violence Service Warwickshire - Refuge](#)

Refuge Warwickshire's Domestic Violence and Abuse Service is a countywide service offering help and support to women, men and children experiencing domestic violence in Warwickshire. They have a 24-hour national helpline, safe house accommodation, advocacy, and outreach support. Drop-in sessions are provided around the county. If you live in Warwickshire, you can call 0800 408 1552 to speak to a support worker.

North Warwickshire, Nuneaton & Stratford Upon Avon Domestic Abuse Counselling both female and

male and offers perpetrator programme in Nuneaton <http://dacservice.org.uk/>

Telephone Counselling <http://dacservice.org.uk/services/telephone-counselling/>

Victim Service for children & young people <http://dacservice.org.uk/our-services/>

Partner programme <http://dacservice.org.uk/services/partner-support-service/>

Victim Support <http://dacservice.org.uk/services/victims-services/>

Insight CCSS nsightccss.org.uk 02476351137

North Warwickshire - Cohort 4

Cohort 4 is a peer support organisation for women based in North Warwickshire. It is a non-profit social enterprise made up of women who all have experience of abuse, criminal justice, and mental health issues. Women decide what they need and when they need it, to enhance and reinforce their confidence and wellbeing in the community of North Warwickshire, which covers Tamworth, Atherstone, North Warwickshire villages, Nuneaton, and Bedworth.

Telephone 03003020484 info@cohort4.org.uk website <https://www.cohort4.org.uk/contact/>

National Support Services

<https://rosasupport.org/>

Talk2someone <https://www.talk2someone.org.uk/support-services/> Tel 08004081552

Men Seeking to change their behaviour – 02036428850

Survivors of Domestic Abuse – 02036428860

The National Centre for Domestic Violence (NCDV)

NCDV is a free, fast emergency court injunction service to survivors of domestic violence. This can sometimes be issued within 24 hours of making contact.

Tel 020718682280 opt 1

Tel 08009702070

Email office@ncdv.org.uk

Women's Aid

“I will listen to the voices of survivors, so they get the Mental Health support they deserve”

Website <https://www.womensaid.org.uk/>

Women's Aid have also created **The Hideout** to help children and young people understand domestic abuse and how to take positive action, plus the **Rail to Refuge** scheme, which provides free rail travel for survivors with a refuge space. <http://thehideout.org.uk/>, <https://www.womensaid.org.uk/rail-to-refuge/>

Mankind

Mankind provides a confidential helpline for male victims of domestic abuse and domestic violence along with information and advice for victims and professionals and survivors' stories.

National Telephone number 01823334244 email admin@mankind.org.uk

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

Trauma -Specialist services

<https://www.victimsupport.org.uk/resources/warwickshire/>

Phone 01926 358060

If you've been affected by crime, call your local victim care team in Warwickshire. Lines are open 9am-

5pm, Monday to Friday.

Out of hours Support line 08 08 16 89 111

<https://rosasupport.org/>

<https://blueskycentre.org.uk/#:~:text=We%20offer%20free%2C%20confidential%20healthcare,year%2C%20on%200330%20223%200099.>

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

<https://www.warwickshire.police.uk/ro/report/rsa/alpha-v1/advice/rape-sexual-assault-and-other-sexual-offences/rape-sexual-assault-support/>

<https://winstonswish.org/death-through-homicide/>

<https://samm.org.uk/>

<https://www.cowwarkpt.nhs.uk/attachment/>

Support for families with a family member in prison

<https://childrenheardandseen.co.uk/what-we-offer/>

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

Prisoners' Families Helpline The helpline number is 0808 808 2003. Lines are open Monday to Friday from 9am to 8pm and Saturday and Sunday from 10am to 3pm.