

Support for Parents/ Carers

<u>ORGANISATION</u>	<u>CONTACT DETAILS</u>	<u>TOPIC</u>
<u>Samaritans</u>	Call free on 116 123 (UK) Email: jo@samaritans.org	Confidential support service 24 hours a day, 7 days a week
<u>Young Minds</u>	Parent helpline: 0808 802 5544 www.youngminds.org.uk	Free, confidential online and telephone service providing information and support
<u>Parent Line Scotland</u>	Call: 08000 28 22 33 Email: parentlinescotland@children1st.org.uk	Scotland's free helpline, email and web-chat service for anyone caring for or concerned about a child – open 9am-9pm Mon- Fri
<u>GP</u>	Contact your GP at your local surgery	Speak to your GP if you are worried about your or our child's mental health
<u>NHS Choices</u>	https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/	Whether you are concerned about yourself or a loved one, the helplines listed can offer expert advice