




## Information and Support Services for Parents/Carers

Please find below a list of resources and support agencies which may help school staff, pupils, parents and carers during this time of self-isolation at home and social distancing.

(Based on a resource developed by the Cardiff Healthy Schools team and Central South Consortium and contributions from the North Wales Healthy Schools Teams and CAMHS Service)

	<p><b>Government / Public Health England - Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak</b></p> <p><a href="https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak">https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak</a></p>
	<p><b>Children's Commissioner for Wales Information Hub</b></p> <p><a href="https://www.childcomwales.org.uk/coronavirus/">https://www.childcomwales.org.uk/coronavirus/</a></p> <p><a href="https://www.complantcymru.org.uk/coronafeirws/">https://www.complantcymru.org.uk/coronafeirws/</a></p> <p><a href="https://www.facebook.com/childcomwales/">https://www.facebook.com/childcomwales/</a></p>
	<p><b>Local Health Visiting Services</b></p> <p><a href="https://twitter.com/wghealthandcare/status/1250061391148519433?s=21">https://twitter.com/wghealthandcare/status/1250061391148519433?s=21</a></p> <p><a href="https://twitter.com/lliciechydagofal/status/1250061571163906049?s=21">https://twitter.com/lliciechydagofal/status/1250061571163906049?s=21</a></p>
 <p>Supporting Children with LD ASD</p>	<p><b>Resources for parents of children with additional needs during the COVID- 19 outbreak</b></p> <ul style="list-style-type: none"><li>▪ <a href="https://www.mencap.org.uk/advice-and-support/health/coronavirus-covid-19">https://www.mencap.org.uk/advice-and-support/health/coronavirus-covid-19</a></li><li>▪ Supporting Children with Learning Disability/ASD Coping with COVID-19 Isolation (developed by Cardiff &amp; Vale University Health Board and Community Child Health)</li></ul>

	<p><b>Parenting for Lifelong Health</b></p> <p><a href="https://www.covid19parenting.com/">https://www.covid19parenting.com/</a></p>
	<p><b>Parent Zone</b></p> <p><a href="https://parentzone.org.uk/">https://parentzone.org.uk/</a></p>
	<p><b>NSPCC</b></p> <p><a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a></p>
	<p><b>Parent Info</b></p> <p><a href="https://parentinfo.org/article/how-to-look-after-your-family-s-mental-health-when-you-re-stuck-indoors">https://parentinfo.org/article/how-to-look-after-your-family-s-mental-health-when-you-re-stuck-indoors</a></p>
	<p><b>Dewis Cymru</b></p> <p><a href="https://www.dewis.wales/">https://www.dewis.wales/</a></p>
	<p><b>Family Information Services</b></p> <p><a href="https://www.dewis.wales/family-information-service">https://www.dewis.wales/family-information-service</a></p>
	<p><b>Mind Cymru</b></p> <p>Telephone: <b>0300 123 3393</b>  Mon – Fri 9am – 6pm  Text: <b>86463</b>  Email: <b>info@mind.org.uk</b></p> <p><a href="https://www.mind.org.uk/about-us/mind-cymru/">https://www.mind.org.uk/about-us/mind-cymru/</a></p>

	<p><b>Samaritans</b></p> <p>Telephone: <b>116 123</b> (24 hours, 7days/week)</p> <p>Welsh language line: <b>0300 123 3011</b> (open daily 7pm – 11pm)</p> <p><a href="https://www.samaritans.org/?nation=wales">https://www.samaritans.org/?nation=wales</a></p>
	<p><b>Cruse</b></p> <p>Telephone: <b>0808 808 1677</b> (free)  Mon &amp; Fri: 9:30am – 5pm, Tues – Thurs: 9:30am – 8pm.</p> <p>Email: <a href="mailto:helpline@cruse.org.uk">helpline@cruse.org.uk</a>  <a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a></p>
	<p><b>Welsh Women's Aid</b></p> <p><a href="https://www.welshwomensaid.org.uk/what-we-do/children-and-young-people/">https://www.welshwomensaid.org.uk/what-we-do/children-and-young-people/</a></p> <p><b>Live Fear Free helpline.</b> Available 24 hours a day 7 days a week, confidential helpline - <b>0808 80 10 800</b></p>
	<p><b>Respect UK</b></p> <p>Freephone <b>0808 802 4040</b> Monday-Friday 9am-5pm</p> <p><a href="http://respect.uk.net/">http://respect.uk.net/</a></p>