



Dear Parents/Carers, we thought it would be useful to share some local areas of support which you may helpful find during these challenging times.

Family and Parenting Support

Service	Support	Contact Details
Solihull	Parenting Course Online and in Norwich Hub Free Online Code: JON07	https://solihullapproachparenting.com/
Early Help	Support for families	https://www.norfolk.gov.uk/children-and-families/early-help Central: 01603 224 101 Broadland: 01603 217 612 Breckland: 01362 654 515 Great Yarmouth East: 01493 448 188 North Norfolk: 01603 217 612
Benjamin Foundation	Family support	https://benjaminfoundation.co.uk/ 01603 615 670
Parent and Infant Mental Health Attachment Team (PIMHAT)	Families with mental health needs.	Mary Chapman House: Norwich 01603 421 950
Families House/ Break Charity	Supporting families in Norwich with a range of difficulties (parenting apart or family breakdown).	www.breal-charity.org/what-we-do-families-house 01603 621 702 admin@break-charity.org
Leeway	Domestic Abuse support for adults	https://www.leewaysupport.org/ Helpline: 0333 554 2101
Home start	Supports children and families to cope with whatever life throws at them.	http://www.homestartnorfolk.org/ 01603 977 040 admin@homestartnorfolk.org
Parent Line		0808 802 5544
Just One Number	Phone line for advice	0300 300 0123 https://www.justonenorfolk.nhs.uk/our-services/just-one-number-and-parentline Parent Line: 07520 631 590

Anxiety and Depression

Service	Support	Contact Details
Stop, Breathe, Think	Mindfulness Support (available as an app)	https://www.stopbreathethink.com/
Turn Around Anxiety Not free Only on chrome	Program to teach your child what anxiety is, how it works and how to overcome it	www.turnaroundanxiety.com

Anxiety UK	Help with anxiety disorders	www.anxiety.org.uk Telephone: 08444 775 774 Text Service: 07537 416 905
No Panic	Support with panic attacks	www.nopanic.org.uk telephone 0844 967 4848 Youth helpline 0330 606 1174
Bipolar UK	Offers information about bipolar, online community and peer support line	https://www.bipolaruk.org/ Peer Support Line: 0333 323 3880
Charlie Waller Memorial Trust	Information for children on how to recognise the signs of depression	https://www.cwmt.org.uk/
My CAMHS Choice	Information for children who have been referred to the CAMHS system	https://www.annafreud.org/on-my-mind/receiving-support/

OCD

Service	Support	Contact Details
OCD Action	Support for people with OCD	www.ocdaction.org.uk Helpline: 0845 390 6232 (Mon-Fri 9:30am-5pm)
OCD UK	Support for people with OCD	www.ocduk.org 0845 120 3778

Bereavement

Service	Support	Contact Details
Blue Cross Pet Bereavement	Pet Bereavement	www.bluecross.org.uk/pet-bereavement-support
Child Bereavement	Families and educating professionals when a child of any age dies or is facing bereavement	Helpline: 0800 028 840 www.childbereavementuk.org support@childbereavementuk.org
Cruse Bereavement	Supports bereaved children and adults	0844 477 9400 www.cruse.org.uk/ Norwich: Norwich@cruse.org.uk
Nelsons Journey	Bereavement support for children	Professionals have to refer over the phone (01603 431788) http://www.nelsonsjourney.org.uk/ Families can refer online

Generic Support

Service	Support	Contact Details
Wellbeing Service	16+ young people suffering from mild to moderate depression/ anxiety.	https://www.wellbeingnands.co.uk/norfolk/ 0300 123 1503
Childline	Under 19 Years, a place a child can talk to someone about something they are worried about	https://www.childline.org.uk/ 0800 1111

Young Minds	Support for mental health	https://youngminds.org.uk/ Parent Helpline: 0808 802 5544 Text Support for Young Person: 85258
Samaritans	A confidential helpline that offers support for those in emotional distress	https://www.samaritans.org/ 116 123
Mind	16+ Charity that offers support/ advice for mental health	http://www.norfolkandwaveneymind.org.uk/ National Helpline: 0300 123 33 93 Text: 86463 Norwich: 01603 432 457 Great Yarmouth: 01493 842 129
MAP (Mancroft Advice Project)	11-25 Years	Great Yarmouth: 01493 854 839 Norwich: 01603 766 994 http://www.map.uk.net/
Chat Health	11-19 Years	07480 635 060
Muslim Youth Helpline	Offers support for young Muslims in distress	www.myh.org.uk 0808 808 2008
Kooth	Provides free online support for young people delivered by counsellors via chat-based services.	www.kooth.com
MindEd	Free educational resources on children and young peoples mental health for adults	https://www.minded.org.uk
Doc Ready	Prepares young people for their first visit to the GP to talk about their mental health	https://www.docready.org/#/home
Head Meds	Information for young people around medication	https://youngminds.org.uk/youngminds-professionals/our-projects/headmeds/

Apps

Service	Support	Contact Details
Headspace	Mindfulness and meditation	https://www.headspace.com/
Calm Harm	Self-harm app	https://calmharm.co.uk/
Mood Panda	Half mood tracker and half social network.	https://www.moodpanda.com/
Dragon in the Attic	App for 8-12, help them mentally cope with bullying	http://myhealthapps.net/app/details/501/dragon-in-the-attic
Emoodji	For university students struggling with their emotions	http://www.emoodji.co.uk/
For Me	Created by Childline	https://www.childline.org.uk/toolbox/for-me/
Moodometer		https://moodmeterapp.com/
Stressheads	App that helps deal with stress. Stress relief tool	https://www.themix.org.uk/apps-and-tools/stressheads
Smiling Mind	Daily meditation and mindfulness	https://www.smilingmind.com.au/smiling-mind-app
MoodKit	Based on CBT. Improve your mood.	https://apps.apple.com/gb/app/moodkit/id427064987

Positive Penguin 99p	8-12 years helps children understand their feelings and challenge their thinking	https://apps.apple.com/gb/app/positive-penguins/id570371342
SAM (self-Help for Anxiety Management)	Help with anxiety management	https://sam-app.org.uk/
EMoods Bipolar Mood Tracker		https://apps.apple.com/gb/app/emoods-bipolar-mood-tracker/id1184456130
Stop, Breathe, Think	Guided meditation	https://www.stopbreathethink.com/