
Parent/ Carer Resources

General Family/Parental/Carer Wellbeing Guidance

[Family Lives](#) – Offering support and information to parents, and offering advice for parents of children of any age, as well as advice on family life in general.

[Home Start](#) – HomeStart Cambridgeshire supports families with young children by offering a volunteer to the family who can offer friendship and support.

[Gingerbread](#) – Supporting single parent families.

[Pinpoint Cambridge](#) – Local advice and support for parents of children with additional needs.

[National Autistic Society](#) – Provides information and advice for autism spectrum disorders. There is a parental emotional support helpline and a transitions helpline for children moving schools.

Your Mental Health

[Mind](#) – A national charity offering information and advice around mental health difficulties. The website can offer advice on parenting with a mental health condition.

[Samaritans](#) – Confidential helpline to reach out to if you are struggling and need support.

[Psychological Wellbeing Services IAPT](#) – Talking therapy for those struggling with their mental health. In Cambridge you can self-refer to this service and is offered by the Cambridge and Peterborough Foundation Trust.

NHS 111 option 2 – Offering mental health support at times of emotional distress and mental health crises..

Understanding more about your Child's Mental Health and Wellbeing

[The Anna Freud Centre](#) – A national organisation for child and adolescent health. There is a section for support for parents and carers.

[Charlie Waller Trust](#) – A charity promoting understanding, and encouraging conversations, around mental health.

[Young Minds](#) – Charity offering information and advice for children, young people, and their parents/carers on mental health.
