

Useful Websites for Parents and Families to Support their Children

<https://www.nspcc.org.uk/> - UK's leading Charity for the Protection of Children

<https://www.barnardos.org.uk/> - help, support and advice for thousands of children, young people, parents and carers through services across the UK

Support for Children and Their Families Suffering Poor Mental Health	
Website	Subject
https://www.annafreud.org/parents-and-carers/	Advice and guidance for parents and carers to help them support a child or young person experiencing poor mental health or well-being.
https://www.merseycare.nhs.uk/our-services/knowsley/child-and-adolescent-mental-health-service	Child and Adolescent Mental Health Services - also known as CAMHS - work with young people with emotional, behavioural or mental health difficulties, and their families.
https://www.youngminds.org.uk/parent/	Practical advice and tips on supporting your child - from how to encourage your child to open up about their feelings to dealing with mental health services. This support includes a parents helpline who can provide advice and support if you're worried about a child or young person: Call for free on 0808 802 5544 from 9:30am - 4pm, Monday - Friday.