

Organisations that offer support to parents and carers:

Anna Freud Centre has leaflets for parents about talking about mental health.

Young Minds is an excellent source of easily accessible information about all aspects of child mental health, including a Parent Helpline: 0808 802 5544

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

The Royal College of Psychiatrists has a very [detailed section](#) on help for the whole family and provides factual, comprehensive guidance on all mental health problems and treatments, with downloadable leaflets.

MindEd for Families provides free, quality-assured advice which is easy to understand. It is helpful for any adults caring for children (or teenagers) with mental health problems.

Samaritans provides 24 hours a day, nationwide support by telephone or email for any stress, anxiety or despair related issues.

Sane offers out of hours, daily, specialist support and information to anyone effected by mental illness including family and carers.

On Your Mind is part of the new Early Mental Health service, provided by Barnardos.

<https://www.onyourmind.org.uk/portfolio-items/coronavirus-advice-for-parents-and-carers/>