**Contact numbers and resources for parents:**

**Mental Health-** The Hub of Hope is a national mental health database which brings together organisations and charities, large and small, from across the country by geographical location who offer mental health advice and support, together in one place. By entering a postcode, you are able to find out what’s in your area.

 <https://hubofhope.co.uk/services>

**Young Minds** have compiled a first-hand advice piece on looking after your mental health while self-isolating.

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

**Place2Be:** Guide to helping parents answer questions from their children and to support family wellbeing

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-forchildren/?dm_i=43MR,SZ24,5QMZYG,3HKE4,1>

**National Autistic Society** – Covid-19 guidance and helpline for parents, young people and staff

[https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid19)-advice.aspx?dm\_i=43MR,SZ24,5QMZYG,3HKE2,1](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-%28covid19%29-advice.aspx?dm_i=43MR,SZ24,5QMZYG,3HKE2,1)

**Domestic Abuse** National Domestic Abuse Helpline 0808 2000 247

**Family Support Family Line** –a free telephone, text and email support service is here to help parents and carers with the challenges they face. This is for parents who are struggling with the challenges of parenthood, Need someone to talk to, who are unsure what services are out there and how to access the right support for their child

<https://www.family-action.org.uk/what-we-do/children-families/familyline/#in-your-area>

Family Lives offers a confidential and free helpline service. Telephone 0808 800 2222 for emotional support, information, advice and guidance on any aspect of parenting and family life. The helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday or email; askus@familylives.org.uk they aim to respond within 24 hours, Monday to Friday.

**NSPCC** – a range of advice and resources

[https://www.nspcc.org.uk/keeping-children-safe/supportfor-parents/](https://www.nspcc.org.uk/keeping-children-safe/supportfor-parents/%20)

**Online Safety UK Safer Internet Centre**

[https://www.saferinternet.org.uk/advice-centre/parents-and-carers NSPCC](https://www.saferinternet.org.uk/advice-centre/parents-and-carers%20NSPCC%20) <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

**Thinkuknow**

<https://www.thinkuknow.co.uk/parents/>

**Vodaphone Digital Parenting**

<https://www.vodafone.co.uk/mobile/digital-parenting>

Concerned about a child NSPCC: 0808 800 5000

**The Local Authority:**

<https://www.gov.uk/report-child-abuse-to-local-council>

- enter the post code for the child to find out the number to ring

Scouts UK have compiled a list of activities and instructions on indoor activity for children

https://www.scouts.org.uk/the-great-indoors/