

## Wellbeing Resources and Support for Parents and Carers

### **East Sussex School Health**

The East Sussex School Health site is dedicated to children and young people's health in East Sussex. It has details about their services plus information about health topics from emotional and physical health and wellbeing to speech and language disorders, equipment for physical disabilities and training and support for East Sussex schools [www.eastsussexchildren.nhs.uk](http://www.eastsussexchildren.nhs.uk)

### **East Sussex Family Hubs**

[East Sussex Family Hubs](#) offer advice, resources, support and training for parents in the area . Have a look at their latest online courses <https://familyhubs.eastsussex.gov.uk/activities/online-teen>

### **YoungMinds**

We know that being a parent or carer isn't always easy. Although it's often amazing and rewarding to watch your children or young people grow up, it can also be really hard work. Things might feel especially difficult if your child or young person is struggling with their mental health at the moment. Or if their mood and behaviour seem different, and you're not sure why or what you can do to help. But you are not alone.

[YoungMinds](#) have lots of practical advice to help you support them – from encouraging them to open up, to navigating mental health services and finding them the right help. No matter what you're going through, things can get better.

The Young Minds Parents Helpline can be contacted on 0808 802 5544 (Monday to Friday 9.30am – 4pm) free for mobiles and landlines. More resources and support can be found at <https://www.youngminds.org.uk/parent/>.

### **National Domestic Abuse Helpline**

Freephone 24-Hour National Domestic Abuse Helpline: 0808 2000 247  
[www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk) (access live chat Monday - Friday, 3pm - 10pm)

### **Allsorts Youth Project**

[Allsorts Youth Project](#) listens to, connects & supports children & young people under 26 who are lesbian, gay, bisexual, trans or exploring their sexual orientation and/or gender identity (LGBT+) and their families. Check out their resources here <https://www.allsortsyouth.org.uk/parentscarers>

### **E-wellbeing**

[e-wellbeing](#) is a digital wellbeing service for young people, run by YMCA DownsLink Group. Their aim is for all young people to be able to access the right support and information around their emotional health and wellbeing, in the right place, at a time that is right for them.

Please click on the link above to access their website, it's for young people who live in Sussex (including Brighton & Hove) but their tips and resources are accessible to everyone.

We understand that accessing support around your mental health can be confusing and complicated sometimes. They're here to help you understand a bit more about how to be mentally healthy and how to connect to support across Sussex.

And if you'd like to get in touch about anything else, you can email them here [e-wellbeing@ymcadlg.org](mailto:e-wellbeing@ymcadlg.org)

### **CEOP**

CEOP is a law enforcement agency and is here to keep children and young people safe from sexual exploitation and abuse. Use this link to start your report to one of CEOP's Child Protection Advisors <https://www.ceop.police.uk/ceop-reporting/>

### **UK Safer Internet Centre**

Tips, advice, guides and resources to help keep your child safe online from the UK Safer Internet Centre <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

### **Report Remove Tool**

The Internet Watch Foundation (IWF) has created the world's first tool to help children and young people get naked images of themselves removed from the internet.

The Report Remove Tool can be accessed through the [Childline website](#). IWF analysts will then review the content and create a unique digital fingerprint known as a hash, before sharing it with tech companies to help prevent it from being uploaded and shared.

For more information and to access the Report Remove Tool, go to <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/>

### **Winston's Wish**

Winston's Wish provides free digital bereavement information and support for children and young people across the UK who are grieving the death of someone important to them <https://winstonswish.org/supporting-you/support-for-parents/>

### **The Seahorse Project**

[The Seahorse Project](#) offers short-term bereavement-focused counselling support to any bereaved child in our catchment area (Seaford, Hailsham, Uckfield, Heathfield, Pevensey and Eastbourne). When someone who is important to us dies, it can leave an empty space in our lives and it is natural to experience strong or mixed feelings. It can sometimes impact on our concentration when we are trying to study, affect our sleep, change the relationships we have with others and cause feelings that might be new to us. [Self-refer](#)

### **YoungMinds Grief and Loss Guide**

Information to help you support your child or young person with grief and loss. We've also got advice about where you can find grief support service

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/grief-and-loss/>

### **Cruse Bereavement Support**

Find resources and learn how to refer young people to our services

<https://www.cruse.org.uk/get-help/for-parents>

### **Beat Eating Disorders**

Our [national Helpline](#) exists to encourage and empower people to get help quickly, because we know the sooner someone starts treatment, the greater their chance of recovery. People can contact us online or by phone. We listen to them, help them to understand the illness, and support them to take positive steps towards recovery. We also support family and friends, equipping them with essential skills and advice, so they can help their loved ones recover whilst also looking after their own mental health. Find out more

<https://www.beateatingdisorders.org.uk/get-information-and-support/support-someone-else/tips-for-supporting-somebody-with-an-eating-disorder/>

### **Spurgeons Family Charity**

Looking for specialist parenting help, information or parenting resources to help you with a particular issue? Here you'll find our parenting advice and guidance pages where you will be able to find specialist support and information <https://spurgeons.org/how-we-help/family-life/parenting/>

### **Papyrus**

Suicide Prevention Charity & Hopeline UK Helpline available to all those under 35 experiencing suicidal thoughts <https://www.papyrus-uk.org/> <https://www.sussexpartnership.nhs.uk/irock>

### **East Sussex Community Information Service**

Support for families and young people (primarily in the Wealden area). In school support services for young people. Access to counsellors at reduced/subsidised rates.

<https://www.escis.org.uk/family-information/listen-hear/>

### **Young Carers**

Information on young carers

<https://www.imago.community/Children-and-Young-People/East-Sussex-Young-Carers>

### **UK Says No More**

UK Says No More seeks to unite and strengthen a diverse community of members of the public and organisations nationwide to actively take a stand against domestic abuse and sexual violence

<https://uksaysnomore.org/resource/how-to-talk-to-young-people-about-domestic-abuse-and-sexual-violence/>

## **Refuge**

Refuge provides specialist support to women, children and some men escaping domestic violence and other forms of violence.

- Support for children: <https://www.refuge.org.uk/get-help-now/children/>
- Protecting my children: <https://www.refuge.org.uk/get-help-now/protecting-my-children/>
- Website: [www.refuge.org.uk](http://www.refuge.org.uk)

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## **Hideout**

A web resource for children themselves. Women's Aid have created this space to help children understand domestic abuse and how to take positive action <https://thehideout.org.uk/children/home/>

## **Freedom Programme**

Freedom Programme is a domestic violence programme which was created by Pat Craven and evolved from her work with perpetrators of domestic violence. The programme provides information, not therapy <https://www.freedomprogramme.co.uk/>

## **Bright Sky app**

Bright Sky is a mobile app and website for anyone experiencing domestic abuse, or who is worried about someone else. The app can be downloaded for free via the app stores.

Launched in partnership with Vodafone, the app includes questionnaires to assess the safety of a relationship, and a section on dispelling myths around domestic and sexual abuse.

The website is focused on how to spot the signs of domestic abuse, advice on how to support someone you have concerns for, and ways to find help.

Download for android:

[https://play.google.com/store/apps/details?id=com.newtonmobile.hestia&hl=en\\_GB&gl=US](https://play.google.com/store/apps/details?id=com.newtonmobile.hestia&hl=en_GB&gl=US)

Download for iOS: <https://apps.apple.com/gb/app/bright-sky/id1105880511>

## **Protective Behaviours (Safety Net)**

Protective Behaviours is a safety awareness and resilience building programme which helps children and adults to recognise any situation where they feel worried or unsafe, such as feeling stressed, bullied or threatened; and explores practical ways to keep safe

<https://www.safety-net.org.uk/protective-behaviours/>

## **Sussex Against Bullying**

Sussex Against Bullying is a voluntary organisation providing a range of different support services for children & young people who have been and who are being affected by bullying.

Services include:

- Email Mentoring Support
- A Holiday Club
- School-based support
- Parent Support and information sessions

To find out more, please visit our website: [www.sussexab.org.uk](http://www.sussexab.org.uk) or email [info@sussexab.org.uk](mailto:info@sussexab.org.uk), for a child/young person to access support a referral can be done via the website or email

### **Sussex Bereaved by Suicide Service**

Cruse offers a triage service to adults and children in Sussex, who have been bereaved by suicide or possible suicide - please call us on 07376 616628 or email [sussexbereavedbysuicide@cruse.org.uk](mailto:sussexbereavedbysuicide@cruse.org.uk) and we will get back to you within two working days.

### **Preventing Suicide in Sussex**

Resource for support for yourself or someone you are concerned about

<https://www.preventingsuicideinsussex.org>

### **Sussex Mental Health Helpline**

0800 0309 500 The Sussex Mental Healthline is a 24/7 telephone service offering listening support, advice, information and signposting to anyone experiencing difficulties with their mental health.

### **Pathfinder**

advice, information and services to support your mental health and wellbeing or supporting someone else <https://www.pathfinderwestsussex.org.uk/>

### **Help is at Hand**

A resource for people bereaved through suicide or other unexplained death, and for those helping them

<https://supportaftersuicide.org.uk/resource/help-is-at-hand/>

### **Suicide resources for supporting others:**

- <https://supportaftersuicide.org.uk/supporting-someone-else/>
- <https://supportaftersuicide.org.uk/support-guides/finding-the-words/>
- Siblings: <https://supportaftersuicide.org.uk/siblings/>
- Friends: <https://supportaftersuicide.org.uk/when-a-friend-has-died/>
- Witnesses - <https://supportaftersuicide.org.uk/i-didnt-know-the-person>

### **Place2be**

We offer advice and resources for parents and carers to help support their child or young person's wellbeing. Check out our resources on starting secondary school, navigating exams and more at

<https://www.place2be.org.uk/our-services/parents-and-carers/>

**The Teen Sleep Hub**

Getting the support you need to help your child get a good night's sleep. See

<https://teensleephub.org.uk/parents-carers/>