



- Urgent support
- Advice, information and resources
- Mental Health services in Surrey



- Confidential helpline
- Online chat, forums and email support
- Advice about children of all ages



- 24/7 text support
- Advice and resources for parents



fighting for young people's mental health



- Parent Helpline for advice, emotional support and signposting
- Parents A-Z guide to support



- Positive parenting guide
- Parenting tips for all stages of your child's life, as well as advice on how to deal with difficult situations.



- Advice about supporting your child's mental health

Recommended Apps



SilverCloud is an online therapy programme proven to help with stress, anxiety, low-mood and depression.



The Chill Panda app offers calming exercises such as Square Breathing and Yoga. It is aimed at children aged 6-12.



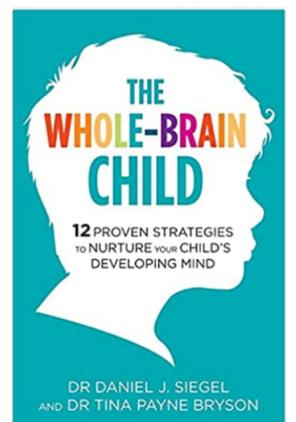
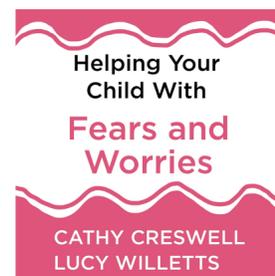
Headspace is an everyday Mindfulness and Meditation app for Stress, Anxiety, Sleep, Focus, Fitness, and More.



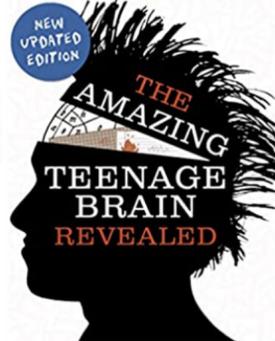
Calm Harm is aimed at young people aged 12+ and has practical tips for managing and resisting the urge to self-harm and reducing suicidal thoughts.

Recommended Books

Helpful books to support your child with low mood, anxiety and how to manage challenging behaviour



NICOLA MORGAN
BLAME MY BRAIN



TEENAGE DEPRESSION
A CBT GUIDE FOR PARENTS

Help your child beat their low mood



MONIKA PARKINSON and SHIRLEY REYNOLDS

MORE THAN 2 MILLION COPIES SOLD

1-2-3
MAGIC

The New 3-Step Discipline for Calm, Effective, and Happy Parenting

Revised 6th Edition

THOMAS W. PHELAN, PHD

NATIONAL PARENTING PUBLICATIONS AWARDS GOLD WINNER