

LIST OF USEFUL WEBSITES – FOR PARENTS

Young Minds

<https://youngminds.org.uk/resources/>

Great resources for young people, parents and staff divided by topic and age group. Lots of video clips on different topics that could be used effectively in presentations.

Anna Freud

<https://www.annafreud.org/on-my-mind/self-care/>

Lots of information for young people about the different emotions they may experience and how to deal with them.

Kidscape

www.kidscape.org.uk

For help with bullying for both parents and young people.

Dad Info

<https://www.dad.info/>

Community, articles, podcasts, other links and support for Dads

One Space – for Single Parents

www.onespace.org.uk

Online forums and parent courses

Parent Support Group

www.psg.org.uk

Parent Support Group – helpline and advice

Challenging Behaviour Foundation (around Severe Learning Difficulties)

www.challengingbehaviour.org.uk

For parents and professionals – making a difference to the lives of people with severe learning difficulties.

Parent Zone

www.parentzone.org.uk

Resources for parents covering many topics

Family Lives (previously Parent Line)

<http://familylives.org.uk>

Chat line and parent forums and articles

Charlie Waller Memorial Trust

<https://charliewaller.org/>

Emotional wellbeing resources for Parents/Carers, Children & Young People and Professional