



Web links for Parents Wellbeing



www.dad.info

For fathers gives free expert advice and support from legal issues, child development to financial advice and everything in between



www.minded.org.uk

Is a free educational resource for adults on children and young people's mental health NSPCC is



www.gingerbread.org.uk

supports one parent families. They provide free membership and run local friendship groups. There is also an online forum, or you can read stories and advice from other single parents.



www.familylives.org.uk

Offers parenting and family support, online chats, a helpline and parenting classes



www.samaritans.org

24-hour telephone helpline offering emotional support to people in distress or despair



www.youngminds.org.uk

provides details of local youth counselling services for young people aged 12 to 25. Their online search will help you find your nearest service.



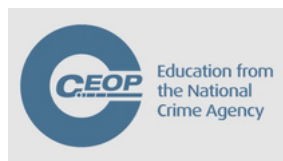
www.nspcc.org.uk

is a charity campaigning and working in child protection



www.youngminds.org.uk

gives advice and support for parents worried about their child's behaviour, emotional problems and mental health



www.thinkuknow.co.uk

is a guide to Internet safety and safe surfing for young people (5 to 14+)



www.themix.org.uk

offers free information and support for young people aged 13 to 25 about sex, relationships, drugs, mental health, money and jobs



Click on the logos to access websites