

Parent Support | Health & Education Offer

We know that parents and carers play a central part in helping their children to develop and grow up well, and it isn't always an easy job. At some point, everybody needs help and within Gloucestershire, there is a range of support available for parents and carers worried about their child or young person's emotional wellbeing and how this affects their behaviour. Sometimes parents might just need one-off immediate support, and at other times, they may feel they could benefit from more structured, long term support. The table below details the range of support available in the county ranging from online resources, helplines or chat rooms, and support and information groups.

Please note, everything on offer aims to help a parent better support their *child' or young person's* mental health and wellbeing, rather than their own. Support for a parent's own mental health and wellbeing can be accessed through the Let's Talk service or contacting their GP. Let's Talk services are free and can be accessed by calling the free phone number 0800 073 2200 or completing the online referral form: <https://www.talk2gether.nhs.uk/contact-us/>. Parents can access the Let's Talk service whilst also accessing any of the programmes listed here.

Parents with...	Children living in Gloucestershire aged 0-25	Children at a Primary School in Gloucestershire	Children living in Gloucestershire age 11-18	Children at a School with support from Young Minds Matter Gloucestershire <i>Not Sure? See the school list overleaf.</i>	Children aged 5-11 with mild - moderate anxiety	Children aged 2-6	Children aged 0-12	Children aged 6-11	Children with learning difficulties aged 3-16	
Method	Websites	Helpline	Support Groups		Cognitive Behavioural Therapy Training	Supporting your Anxious Child Support Group	Promoting Positive Parenting & Behaviours Support Groups			Working to Encourage Behaviour Strategies
What is it?	We have a variety of free local and national online resources which can provide practical advice to help manage things at home when things get worse.	A free-phone, online text-chat and group chat services which are free, drop-in, anonymous and confidential and operated by trained parent support advisers.	A free, drop in group facilitated by Health and Wellbeing Assistants who are trained in Solihull parenting and common children's health issues related to healthy lifestyles; healthy eating, physical activity etc or behaviour concerns; anxiety, sleep etc. Parents may be referred or can drop in to a Hub to get professional support and advice and meet other parents with similar worries. You can attend any Hub, it doesn't matter if your child doesn't go to the school where it is being held.	Facilitated, face-to-face, peer support group (x 6 weekly sessions). The group is an opportunity for parents going through similar experiences to encourage, support and learn from each other in a safe and friendly environment. The group will enable parents to understand their child's mental health, emotional wellbeing and behavioural issues, and will offer effective strategies for helping their child to cope.	Parent led Cognitive Behavioural Therapy (CBT) teaches parents techniques to work with their child and provides the opportunity to meet with a practitioner over 8 sessions.	This course is based on the "From Timid to Tiger" programme devised by Sam Cartwright-Hatton. During the course we work our way up the "Anxiety Pyramid", exploring reasons for anxiety. The course also supports those parents whose children have additional issues as well as anxiety, such as mild to moderate behaviour problems and social communication	The Incredible Years: A 12 week programme, meeting for two hours a week during term time at venues across the county. A range of methods are used to help you develop new and existing skills and build your confidence in promoting positive behaviours in your child.	Triple P: A series of four, two hour small group sessions that offer practical advice for tackling specific problem behaviours. In a relaxed group session, parents will receive tips and suggestions for dealing with their child's problem behaviour. You'll see short video clips showing other parents successfully dealing with the same issue, and you'll be encouraged to share your thoughts with other parents in the group. Parents can attend all four of the Discussion Groups or select the ones that fit their needs.	Parents Plus: A practical and positive course on managing emotional/behaviour problems and promoting children's learning and confidence. This evidence based course can be 7-10 weeks long depending on school term timetables. Each week the sessions are divided into positive parenting and positive discipline strategies to help parents not only solve discipline and other childhood problems, but also for parents to develop closer and more satisfying relationships with their children.	A 12 week programme designed to support parents/carers who have a child with learning difficulties. Using strategies adapted from The Incredible Years Programme delivered by experienced and knowledge of professionals who work with children with learning difficulties Furthermore, SENDIASS provides information, advice and support on matters relating to children and young people with SEND.
How do I access help?	Access free, online self-help or training on the websites below.	There is no professional referral needed, you can access help via the website or phone number below.	You can find useful hints and tips on the webpage, drop by for a chat at one of our Hubs or contact a School Nurse directly.	Parents will need to complete a self-referral form accessible from the website below. NB: Groups start April 2020	Please speak to your GP or Mental Health Lead in School and ask them to refer you to us. To check if your School is receiving support from the Young Minds Matter Teams, please see overleaf.	Please speak to your GP, school nurse or any other professional you have contact with and ask them to refer you to the Children and Young People's Services (CYPS) Parent Support Team.	Delivered from most Children & Family Centres across Gloucestershire – check Glos Families Directory for your nearest course:	Please speak to your GP, school nurse or any other professional you have contact with and ask them to refer you to the Children and Young People's Services (CYPS) Parent Support Team.		
Contact Details	https://www.onyourmindglos.nhs.uk/ https://www.minded.org.uk/ https://www.ghll.org.uk/	www.ticplus.org.uk Telephone: 0800 6525675	Details of dates, times and venues of Hubs.	www.ticplus.org.uk Telephone: 01594 372777		In the meantime, for more information please see the Parent Support Team leaflet	To book, contact Family Information Service or book online via the link above. 01452 427362 familyinfo@gloucestershire.gov.uk	In the meantime, for more information please see the Parent Support Team leaflet		

Our Schools

The Young Minds Matter Teams are currently supporting the following 73 Schools:

Cheltenham



All Saints Academy
Belmont School
Catholic School of St Gregory the Great
Cheltenham Bournside School and Sixth Form Centre
Cleeve Secondary School
Dunalley Primary School
Gardners Lane Primary School
Glenfall Community Primary School
Lakeside Primary School
Oakwood Primary School Pittville
Secondary School Rowanfield
Junior School Springbank
Primary Academy St James' Primary School
St Thomas More Catholic Primary School

Longlevens Junior School
Moat Primary Academy
Ribston Hall High School
Robinswood Primary Academy
Severn Vale School
Sir Thomas Rich's School
St James Junior School
St Paul's Primary School
St Peter's Catholic School and Sixth Form Centre
Tredworth Junior School
Waterwells Primary Academy
Widden Primary School

Forest of Dean



Gloucester



Barnwood Park Arts College
Homeleigh School
Beech Green Primary School
Calton Primary School
Chosen Hill School
Elmbridge Primary School
Gloucester Academy
Harewood Junior School
Henley Bank High School
Hillview Primary School
Kingsholm Primary School
Kingsway Primary School

Aylburton Primary School
Berry Hill Primary School
Blakeney Primary School
Bromesberrow St Mary's Primary School
Coalway Junior School
Dene Magna School
Drybrook Primary School
Five Acres High School
Forest View Primary School
Glebe Infants (Newent Federation of Schools)
GLOSCOL - Forest of Dean College
Heart of the Forest
Hope Brook Primary School
Huntley Primary School
Lydbrook Primary School

Lydney Community School Mitcheldean
Endowed Primary School
Newent Community School and Sixth Form Centre
Parkend Primary School
Picklenash Junior School Pillowell
Primary School Primrose Hill
Primary Academy Ruardean C of E Primary School Soudley Primary School
St Briavels Parochial Primary School
St John's Academy
St White's Primary School
The Dean Academy
The Forest High School
Walmore Hill Primary School
Woodside Primary School
Woolaston Primary School
Wydean School and Sixth Form Centre
Yorkley Primary School

