



Surrey Heath and Farnham (Updated Jan 2023)

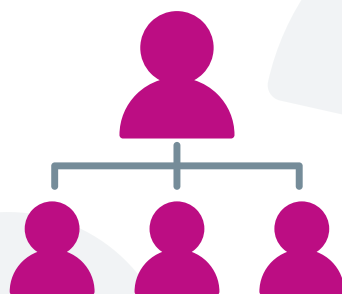
The coronavirus (COVID-19) crisis has repeatedly brought sudden changes for families with children. Parenting can be very rewarding. However, in these uncertain and challenging times you may be feeling stressed as you try to balance work, childcare and self-care while dealing with worries – both your children’s and your own. In recognition of this, we have put together some of the best reliable and free sources of information and advice to help you and your family to cope.

## Best for advice to support family life during the COVID-19 pandemic



NSPCC <a href="#">click here</a>	Tips and advice to help you find balance and create structure working from home. Also tips for talking to a child worried about coronavirus.
Family Lives <a href="#">click here</a>	Practical and emotional advice on family life including life during the pandemic.
Relate <a href="#">click here</a>	Blogs, advice and tips for helping your relationships to stay healthy.

## Best for parenting tips



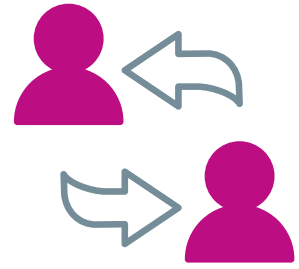
Solihull Online Parenting Programme <a href="#">click here</a>  Access code: Acorn *Free for Surrey residents	Online parenting guides – bump to 19 years, for parents/carers and parents-to-be, including top tips from childcare, education and NHS experts.
Family Lives – Parents Together Online <a href="#">click here</a>  <a href="#">Parent TV channel</a>	Online parenting course in six interactive blocks filled with techniques and ideas to help you become a more confident and happier parent.  The website also has a range of short videos with instant parenting tips on Family Lives’ Parentchannel.tv.
Mind Ed for Families <a href="#">click here</a>	Written by experts and parents together, this provides materials for parents and carers of children and teens struggling with mental health issues.
Maudsley Charity videos <a href="#">click here</a>	Short videos from the Maudsley Charity with science-backed tips and tricks to help parents during this stressful time.

**Online safety** – As a parent or carer you play a key role in helping your child stay safe online. See [www.saferinternet.org.uk](http://www.saferinternet.org.uk) and [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) for more information.

## Best for support from other parents

Family Lives forum  
[click here](#)

Family Lives forums are a safe space for families to share dilemmas, experiences and issues with others who understand the ups and downs of family life.



## Best for helping your child or young person with their mental health

Every Minds Matters-Looking after a child or young person's mental health  
[click here](#)

Top tips to support children and young people including going back to school or college and signs something is wrong.

YoungMinds  
[click here](#)

Lots of practical advice and tips on supporting your child.

Anna Freud Centre  
[Videos](#)

Separate videos to support young people and their families, and try to minimise the impact of the pandemic on their mental health.

[Self-care resources](#)

Simple self-care resources also available.

Childline:  
[Coronavirus advice](#)  
[mental health advice](#)

Tips and advice to help children cope with coming out of lockdown and to support their mental health.

[Calm Zone](#)

Help children to overcome stress and anxiety.

Partnership for Children  
[click here](#)

Online resources include resilience-building activities to help children to deal with change and uncertainty during the coronavirus pandemic and beyond.



## Best for your own wellbeing



Mind <a href="#">click here</a>	Lots of advice to support your wellbeing.
Talking Therapies	A free NHS service for anyone aged 18+ who may be struggling with stress, sleep issues, low mood and anxiety. <ul style="list-style-type: none"><li>• Surrey Heath residents can choose from a <a href="#">range of organisations</a>.</li><li>• Farnham residents please contact <a href="#">Talk Plus</a></li></ul>
Every Mind Matters <a href="#">click here</a>	Expert advice from the NHS to help you look after your mental health and wellbeing.

## Best for if you feel you need more help



Family Lives helpline 0808 800 2222 <a href="#">click here</a>	Free and confidential national helpline service for families. Offers emotional support, information, advice and guidance on any aspect of parenting and family life.
Open: Mon - Fri 9am - 9pm and Sat - Sun 10am - 3pm	
YoungMinds parents' helpline 0808 802 5544 <a href="#">click here</a>	Free and confidential national helpline. Offers advice to parents/carers worried about a child or young person under 25 years old. Advice on a child's behaviour, emotional wellbeing or mental health condition.
Open: Mon - Fri 9.30am - 4pm	

**Family Information Services** provide FREE impartial information and guidance about a wide range of services for children, young people and their families. [Click here](#) for more information.

This document has been compiled by Frimley ICB.  
For further information please contact [frimleyicb.public@nhs.net](mailto:frimleyicb.public@nhs.net)