Signposting for Support

Parents / Carers

**Family Information and Early Help Directory**

An online directory of local childcare, activities and family support services.

<https://www.sutton.gov.uk/info/200242/families_and_childcare/1388/family_information_and_early_help_directory>

**Sutton Child and Adolescent Mental Health Service (CAMHS)**

<https://www.swlstg.nhs.uk/our-services/find-a-service/service/sutton-camhs>

**SWITCH**

Advice and support for substance misuse

<https://www.cranstoun.org/services/families-and-carers/>

**Young Minds**

Includes:

* Parents’ Survival Guide
* Parents’ A-Z of support
* Starting a conversation with your child
* Parents’ Helpline (includes webchat or e-mail service)

<https://youngminds.org.uk/find-help/for-parents/>

**Family Lives**

Includes:

* Communicating with Teens
* Health / wellbeing
* Sex and relationships
* Drugs / alcohol

<https://www.familylives.org.uk/advice/>

**Tavistock**

Help with Parenting and Family Life

<https://www.tavistockrelationships.org/relationship-help/help-with-parenting-family-life?gclid=Cj0KCQjwjPaCBhDkARIsAISZN7RCdPHMfJGrS9BuFNIpeQl6JBdi2ICcBCBMa6qSppWqXf2G5zOitX4aAu1SEALw_wcB>

**NSPCC**

Advice about positive parenting

<https://learning.nspcc.org.uk/research-resources/leaflets/positive-parenting>

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

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>