



Support for Parents

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/> looking after parent's own mental health.

<https://www.mind.org.uk/> support for adults to improve mental health.

<https://www.rethink.org/> support for anyone struggling with their mental health or who lives/cares for someone who does.

<https://www.nhs.uk/conditions/stress-anxiety-depression/> including assessment quiz with bespoke suggestions to improve mental health.

<https://www.relate.org.uk/relationship-help/talk-someone> Relationship support.

<https://www.papyrus-uk.org/> Campaign for prevention of suicide.

<https://www.thecalmzone.net/> web chat and helpline for mental health support.

<http://www.nshn.co.uk/> support around self-harm – parent and young person sections.

<https://www.familylives.org.uk/> Resources and support for wellbeing, the whole family, chat line available.

<https://www.nhs.uk/live-well/> support with nutrition and wellbeing.

<https://parentinfo.org/> resources to support all areas of wellbeing (offshoot of Parent zone).

<https://www.samaritans.org/> listening service 24/7.

<https://www.wellwomenwakefield.org.uk/about-us/> holistic, non-medical approach to women's health and well-being. 16+

<https://talking.turning-point.co.uk/wakefield/> Talking therapies support for anxiety, depression, mindfulness, sleep, addiction. 16+

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/> 5 steps to better wellbeing.