



Dorset HealthCare  
University  
NHS Foundation Trust

# SIGNPOSTING DOCUMENT FOR PARENTS/CARERS

## **ANNA FREUD**

- The Anna Freud Centre is a world leading mental health charity for children, young people and their families.

## **AUTISM WESSEX**

- Provide services to people of all ages in their own homes or for the purpose of accessing a community activity or duty such as work, college or day services.

## **BRIGHTER FUTURES**

- Programme for parents of school aged children (5 to 16 years) to support them in understanding brain development and reasons for and ways to manage more challenging behaviour.

## **CAMHS DORSET**

- A website offering advice/signposting.

## **CHAT HEALTH**

- Confidential help and advice with a health professional via messaging.

## **CONNECTION**

- Dorset's 24/7 helpline that anyone, of any age, can call for advice/support.

## **CREATIVE EDUCATION**

- Courses are offered for parents/carers, professionals and young people.

## **DORSET MIND YOUR HEAD**

- Programme for parents of school aged children (5 to 16 years) to support them in understanding brain development and reasons for and ways to manage more challenging behaviour.

## EDUCATIONAL PSYCHOLOGY SERVICE

- Telephone consultation service during term time which is free for school staff, parents, children and professionals who are supporting children who live, or attend school, in the BCP council area. The consultation takes the form of a problem-solving conversation. Wednesday from 1pm to 4pm | 01202 126100.

## KOOTH

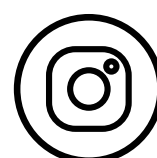
- Kooth is an online mental wellbeing community. Access free, safe and anonymous support.

## LISTENING EAR

- 1-1 telephone appointments with a family support adviser for parent carers looking for a listening ear, reassurance and practical and emotional support.

## MHST

- Resources and useful information.



@dorsetmhst

## ORCHA

- ORCHA's AppFinder gives you unlimited access to thousands of independent app reviews across all health conditions.

## PROJECT WIRED

- Youth service providing intervention, education and training in supporting young people's mental health and emotional wellbeing. We work directly with vulnerable and at-risk adolescents in parallel with equipping their wider communities and professionals in the sector.

## RELATE

- If you're having problems in your family life, there are lots of ways Relate can help you. They can offer parenting tips, advice as well as family or individual counselling.

## SAFEMPOWERMENT

- Available Safempowerment courses.

## **SAFE FAMILIES**

- Dorset's 24/7 helpline that anyone, of any age, can call for advice/support.

## **SCOPE UK**

- Help after a child's diagnosis.

## **SCOPE UK: NAVIGATE**

- Emotional support for parents.

## **SENDIASS**

- Free, confidential, and impartial service for children and young people with Special Educational Needs and Disabilities (SEND) who live across Bournemouth, Christchurch and Poole and their parents or carers.

## **SHOUT**

- Free 24/7 mental health text support in the UK | Shout 85258.

## **YOUNG MINDS**

- Help for parents.

**YOU CAN ALSO CONTACT YOUR DOCTOR, VISIT AN NHS WALK-IN CENTRE OR CALL NHS 111. IF IT IS AN EMERGENCY, DIAL 999 OR VISIT A&E.**