

Useful wellbeing advice/help for parents & carers

Urgent child mental health

Child mental health support for parents/carers: [CWP Mental Health Crisis Line - Healthwatch Cheshire East](#)



Gangs/Youth violence

Information for parents/carers regarding gangs/youth violence can be found here: [Gangs and Youth Violence – Safeguarding Network](#)

Child exploitation

Enfield Council and the 'Aviard Inspires' film company have produced a short film and resources in collaboration with local young people. The film, 'Save Me', is dedicated to all young people experiencing [exploitation](#).

[The film and handbook](#) can be used to aid discussions, facilitate workshops, enhance learning and educate children, parents, professionals, communities and businesses about grooming, child exploitation, coercive control and other abuses towards children. Rated 12A, the film and handbook are suitable for schools, colleges, community youth centres, youth justice settings and parenting groups etc.

Non urgent child mental health

Local mental health support for pupils, parents and carers:

<https://www.visyon.org.uk/>

WE'RE HERE FOR YOU!

The best way for you to get support is to call our friendly Initial Contact Team on **01260 290000**.

They are available at the following times...

Monday to Thursday - 9am-5pm

Friday - 9am-1pm

You don't need a referral from a GP or your school, you or your parent can call us directly to discuss your concerns and the support we offer you is completely free of charge.

During the call we will ask a few questions and tell you about what Visyon has to offer. Whatever you share with us we will listen, you are not alone with how you are feeling. We'll help you to decide what happens next on your journey into feeling more in control of your mental health again. You have already made the brave step of seeking out support and we'll help you with the next step!

If you need immediate support and Visyon is closed please contact: Cheshire Mental Health Crisis Line on 0800 145 6485

Counselling and therapy for your child

A parents guide to counselling for my child: [Counselling & Therapy | Parents Guide To Support | YoungMinds](#)

Early help for your family

Advice on early help for your family/child in Cheshire East: [cc-ff-leaflet-updated \(cheshireeast.gov.uk\)](#)

Social Media

A guide for parents: [Social Media & Mental Health | Guide For Parents | YoungMinds](#)

YoungMinds Parents Helpline

We support parents and carers who are concerned about their child or young person's mental health. Our Parents Helpline provides detailed advice and information, emotional support and signposting.

You can contact us by phone, webchat or email.

You can speak to us over webchat between 9.30am and 4pm from Monday-Friday. When our webchat service is closed, you can email us using the form on our Parents Helpline page.

Opening times:

9.30am-4pm, Monday-Friday

[0808 802 5544](tel:08088025544)

Exam stress

A guide for parents: [Exam Time & Exam Stress | Parents Guide To Support | YoungMinds](#)

Cheshire East family information



We offer a free confidential and impartial information, advice and guidance service for families with children and young people aged 0-25.

fis.east@cheshireeast.gov.uk

0300 123 5033

Bullying

If you would like support and advice, you can talk to a family support worker at Bullying UK on their confidential helpline on 0808 800 2222.

Adolescent violence to parents

[adolescent-violence-to-parents-resource-booklet-for-parents.pdf \(cheshireeast.gov.uk\)](#)

Cheshire East Consultation Service (ChECS) is the 'front door' for access to services, support and advice for children and their families, from early help and support through to safeguarding and child protection. Tel: 0300 123 5012 (option 3) If you need to contact someone out of hours and you believe it to be an emergency that can't wait, please call our Emergency Duty Team on: Tel: 0300 123 5022

Keeping your child safe out of school

[Keeping Children Safe: Parental Guidance \(publishing.service.gov.uk\)](#)

General support for your child

[Support for Parents and Carers \(cheshireeast.gov.uk\)](#)