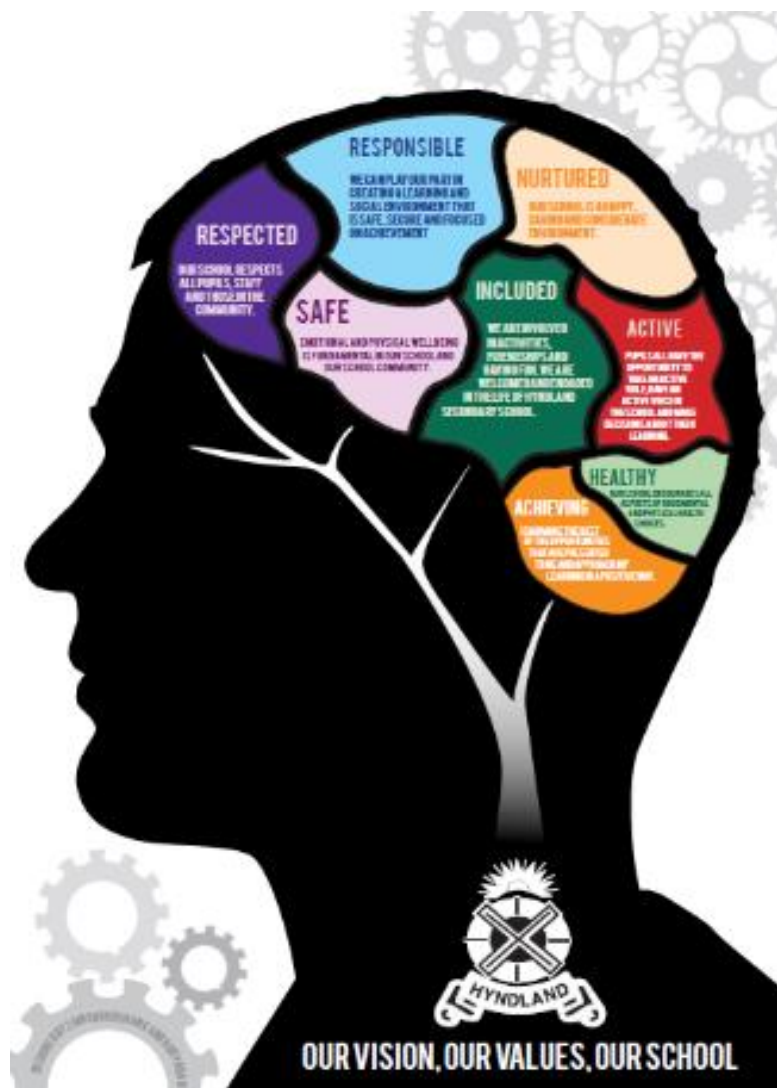


Supporting Health & Wellbeing

Advice for Parents & Carers



<p>NSPCC</p>	<p>The NSPCC Helpline is staffed by trained professionals who can provide expert advice and support.</p> <p>If you are concerned about a child, if you're a parent or carer looking for advice, or if you're a professional in need of information and guidance.</p>	<p>www.nspcc.org.uk</p> <p>Email - 24 hours a day by email or our online reporting form.</p> <p>Call - 0808 800 5000</p> <p>Monday to Friday 8am – 10pm or 9am – 6pm at the weekends.</p>
<p>Parent Talk – Action for Children</p>	<p>Parent Talk provides confidential advice over an online chat with a parenting coach and some online resources that could be useful for parents who need some support.</p> <p>Action for Children also provide our in-school counselling service.</p>	<p>www.parents.actionforchildren.org.uk</p> <p>Opening hours are:</p> <p>Monday: 12.30pm - 7.30pm</p> <p>Tuesday: 10.30am - 4.30pm</p> <p>Wednesday: 9.30am - 4.30pm</p> <p>Thursday: 12.30pm - 7.30pm</p> <p>Friday: 9.30- 4pm</p>
<p>Children 1st – Parentline</p>	<p>Do you feel like you're at the end of your tether? Children 1st Parentline is here for you and your family.</p>	<p>www.children1st.org.uk</p> <p>Opening hours are:</p> <p>Mon-Fri, 9am to 9pm</p> <p>Sat-Sun, 9am to noon</p> <p>Call 08000 28 22 33</p>

<p>One Parent Families – Lone Parent Helpline</p>	<p>One Parent Families is a single parent topics and search offers face to face family support services, a wealth of advice and information on various topics, as well as a new mental health and wellbeing service.</p> <p>The Lone Parent Helpline provides advice and support to single parents. Parents can contact about anything from dealing with a break-up, sorting out child maintenance, understanding benefits, money when having a baby, studying or moving into work.</p>	<p>www.opfs.org.uk/</p> <p>OPF’s Lone Parent Helpline can be reached on: 0808 801 0323</p> <p>Opening hours:</p> <p>Monday to Friday – between the hours of 9.30am - 4pm.</p> <p>T: 0141 847 0444</p> <p>E: glasgow@opfs.org.uk</p>
<p>Scottish Families Affected by Alcohol and Drugs</p>	<p>Scottish Families Affected by Alcohol and Drugs is a national charity that supports anyone concerned about someone else’s alcohol or drug use in Scotland. This service provides information on general wellbeing, and we link them into local support.</p>	<p>www.sfad.org.uk/</p> <p>Monday to Friday – between 9am and 11pm</p> <p>Please note: If contacting over the weekend, an out of hour’s weekend helpline service is provided, where if you leave a message, someone will get back to you within 48 hours.</p> <p>Call: 08080 10 10 11</p> <p>Email: helpline@sfad.org.uk</p>

<p>Cost of Living Campaign</p>	<p>Help and advice on all financial matters from fuel, energy, food, benefits. This website is a portal hosted by the Scottish Government with links to a broad range of agencies.</p>	<p>https://costofliving.campaign.gov.scot/</p>
<p>Financial Inclusion Support Office</p>	<p>Marija Arbeitere works in partnership with the school and Citizens Advice Bureau to offer free, confidential and partial advice including benefits, energy and money advice to all families and young people in our school community.</p> <p>An entitlement such as Free School meals is worth £370.50 per year and the Clothing Grant in Glasgow is now £150 per child per year.</p> <p>Marija can provide advice regarding Free School Meals, Clothing Grants, Benefit entitlement in general and has access to home fuel advice and employment advice. Marija can check your entitlements and support you to make claims or check on claims that you may be having problems with.</p> <p>If you are worried about money or debt, Marija can provide debt advice. This service is confidential.</p>	<p>Families can contact Marija directly by calling 07564726309 or emailing fiso@bridgetoncab.org.uk.</p> <p>Central Parenting Team www.triplep.net</p>

<p>Central Parenting Team</p>	<p>The Central Parenting Team provides information on Parenting Support provided by the Triple P Parenting Programmes.</p> <p>The team co-ordinates a rolling programme of Triple P Positive parenting groups for parents/carers with children aged between 2- 16 years of age.</p> <p>Referrals are taken from all agencies. Parents can also self-refer by telephone or email.</p>	<p>www.triplep.net</p> <p>Referrals are taken from all agencies. Parents can also self-refer by telephone or email.</p> <p>Please contact centralparentingteam@ggc.scot.nhs.uk for more information.</p> <p>Room 404, 4th Floor Building 3, Templeton on the Green 62 Templeton Street Glasgow G40 1DA</p> <p>Main telephone 0141 277 7560</p> <p>Organisation email centralparentingteam@ggc.scot.nhs.uk</p>
<p>Advice recommended by CAMHS (Child Adolescent Mental Health Service)</p>	<p>10 Ways to Support Your Child's Mental Health 🌐 – CAMHS Professionals</p> <p>7 STEPS TO MOTIVATE YOUR CHILD 🌐 – CAMHS Professionals</p> <p>7 Principles To Building Trust Through Listening 🌐 – CAMHS Professionals</p> <p>12 WAYS TO SPARK CONNECTIONS WITH YOUR CHILD 🌐 – CAMHS Professionals</p> <p>https://camhsprofessionals.co.uk/2021/04/01/the-stress-relief-giraffe-%f0%9f%8c%8d/</p>	
<p>Apps Recommended by CAMHS</p>	<p>This is a collection of apps designed to support young people, adults and families with mental health and well-being. If you click on the image it will open the app site in a new window. Some of these do need a paid subscription to use them while others have been made freely available during the Covid situation</p>	<p>www.camhs-resources.co.uk/apps-1</p>
<p>Peer Parent Support Group</p>	<p>The Peer Parent Support Group in Maryhill Health Centre as a drop-in for all parents and carers in Glasgow. Come along and get support from Parentline, Health Improvement and</p>	<p>Thursdays 6.00-7.30pm in Maryhill Health Centre, 51 Gilbraid Avenue, Glasgow G20 8BZ</p> <p>Contact Ayisha on 07816 225889 for more information</p>

	CAMHS. A safe space to meet parents and carers and share your worries or concerns over a cuppa and biscuits.	
Glasgow Helps	Glasgow Helps is a service set up to work directly with the people of Glasgow and can provide free, confidential support, information and advice on a range of issues including food, housing, utilities, transport, digital access & support and mental health. We'll listen to what you need and help you to access the right support.	www.glasgow.gov.uk/glasgowhelps Call on: 0141 276 1185 Services also available in BSL
Citizens Advice Scotland	Citizens Advice Scotland is a portal to support and advice which is free, independent, impartial, confidential and available to everyone.	https://www.cas.org.uk/ Advice Helpline 0800 0281456