

## Parent and Child Wellbeing

During the lockdown some parents and children may feel anxious, depressed or even angry. This is quite normal and you may well manage to overcome it. If you feel you need more support then here are some agencies that could help you.

### Support agencies for children

**0808 802 5544**

**YOUNGmINDS**

Call our Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25. Call us for free on **0808 802 5544** from 9:30am to 4pm, Monday to Friday. Our Parents Helpline is available in England, Scotland, Wales and Northern Ireland.



**ChildLine**  
**0800 1111**

Life has its ups and downs  
You can talk, confidentially, when or as often as you need to.  
Whatever your worry, it's better out than in.  
[www.childline.org.uk](http://www.childline.org.uk)

### Support agencies for adults



**mind** for better mental health

**Infoline: 0300 123 3393**

Email: [info@mind.org.uk](mailto:info@mind.org.uk)  
Text: [86463](tel:86463)  
Post: Mind Infoline, PO Box 75225, London, E15 9FS

We support women and children affected by domestic violence and abuse.



**Confidential Helpline - 0808 800 0028**  
**Text Service - 18001 0808 800 0028**

*For Deaf people and people with a hearing impairment*