



NHS
South Warwickshire
NHS Foundation Trust



A YEAR ON..... EMOTIONAL WELLBEING RESOURCES FOR WARWICKSHIRE FAMILIES

WARWICKSHIRE HEALTH VISITING SERVICE

We have put together this current list of resources, groups and helplines that are available locally and nationally to offer support with mental health and emotional wellbeing. It is hard to believe that a whole year has passed since Coronavirus came to our attention and the way in which we all live our lives changed so dramatically. The last year has been challenging for us all, in different ways, and our resilience and coping strategies have been tested greatly. The analogy about different boats in the same storm seems still so relevant – all our struggles are unique and individual but we can all reach out and support each other to try to keep

each boat afloat. With recent Government announcements we might feel a sense of hopefulness or we might feel really uncertain about what the coming months hold. Whatever your thoughts and feelings, taking time to focus on our wellbeing is vital and we hope this resource might be useful. This list is not exhaustive but a selection of what we know is out there currently. We hope that you will find these resources useful, but if what you are looking for is not here or you just need to talk things through, please contact your local HV team or text our CHAT Health team on **07520 615 293** and we will be happy to help.

Eileen, Nadine and Claire



LOCAL SUPPORT FOR PARENTS

If you are struggling with your mental health or emotional wellbeing, contact your GP, Midwife or local Health Visiting team for support.

Please see the following video which can tell you about who can help you with your mental health in the perinatal period:

<https://www.youtube.com/watch?v=hlseRplJdnw&feature=youtu.be>

South Warwickshire Health Visiting

<https://www.swft.nhs.uk/our-services/children-and-young-peoples-services/health-visiting>
(telephone numbers for all bases listed on this website)

Don't forget to join your local Health Visiting Facebook page for updates about the service.

CHAT HEALTH

HV Text line - ChatHealth is a secure and confidential text messaging service for families. It allows parents to easily and anonymously get in touch with a Health Visitor for advice and support.

Text: 07520 615 293

FREE Parenting Guides

In Warwickshire we have four online parenting guides that are free for Warwickshire residents via: www.warwickshire.gov.uk/parentguides

- Understanding your Pregnancy
- Understanding your Child
- Understanding your Teenager's Brain
- Understanding your Baby)

RISE – Local mental health service for Children & Young People

<https://cwise.com/for-parents>

For urgent support with mental health for children and young people, please call the RISE Crisis team on: **02476 641 799 (8am and 8pm) or 0300 200 0011 (overnight)**

IF YOU FEELING SUICIDAL OR
ARE FEELING LIKE YOU WILL
HARM YOURSELF OR OTHERS:
CALL 999 OR ATTEND YOUR
NEAREST A&E DEPARTMENT.



Mental Health Matters

We provide mental health support services, ranging from helplines and 'talking therapies' to supported housing and safe havens, and all based on the principle of supporting every person, as an individual, towards their own goals and aspirations. – A free 24/7 confidential helpline providing emotional support to residents of Coventry & Warwickshire. Contact - 0800 616 171

**Mental Health Access Hub – available for urgent crisis:
02476322744**

Improving Access to Psychological Therapy (IAPT)

IAPT services are for people with mild, moderate and moderate to severe symptoms of anxiety or depression living in Coventry, Solihull and Warwickshire.

Call 024 7667 1090 or go to <https://www.covwarkpt.nhs.uk/iapt/> (online self-referral form)

MIND

MIND – 02476 552847

Email – admin@cwmind.org.uk

Safe Haven

Coventry & Warwickshire Mind's Safe Haven provides a free out-of-hours (Open from 6pm to 11pm every evening) mental health support service to people across Warwickshire. Wellbeing practitioners are on hand each evening to provide support and signposting. The Safe Haven is a service for people who feel as though they are unable to cope, may not know where to start looking for help or need out-of-hours mental health support.

Telephone: (024) 7771 4554 | Mobile: 07970 042270

Email: safehaven@cwmind.org.uk



Video Interaction Guidance (VIG)

For Warwickshire families, we have a service available called Video Interaction Guidance (VIG). Sometimes you may feel you could be getting more positivity out of parenting or that you may benefit from a better understanding of your child. VIG is something that can help you explore this.

You might be facing some challenges at home or want some help to improve your own mental health or improve your relationship with your child. If you would like more information, please call (Rugby) 07425 542 013, (South) 07425 571 146 or (North) 07901 872 748 or email

vigpractitioners@swft.nhs.uk



Please click here to find out how VIG is helping families



PEER SUPPORT / VOLUNTARY SECTOR / GROUPS

Parenting project

We are a voluntary organisation, providing support services for children and young people from 0-19 years (25 years SEND) and their parents/carers. We have developed a Parenting in Mind Programme. We have an established highly regarded Mental Health team, through which we deliver 1-1 counselling for parents. We run anxiety and mindfulness workshops for parents and parenting courses for expectant and new parents. Some parents/carers access our Family Wellbeing Facilitators, who are able to offer emotional support, signposting and advocacy. We also have volunteer Parent Mentors who offer ongoing support to parents who have accessed Family Support or Counselling.

Phone: 01926 853310 or Email – headoffice@parentingproject.org.uk



Entrust Care Partnership

Entrust Care Partnership are offering a brand new service 'Lean on Me.' Experienced parents and staff will provide a shoulder to lean on offering an uninterrupted time to listen to you. This free service will be delivered via Zoom or Facetime, six one to one sessions or group support, held at a time to suit you. Please register your interest with Lynne Barton: lynnebarton@entrustcarepartnership.org.uk or T: 07712 326273.

Parents in Mind

Peer support service for people who are pregnant or mums with an under two year old, experiencing perinatal mental health or wellbeing challenges. Self and professional referrals accepted.

<https://www.nct.org.uk/about-us/commissioned-services/parents-mind-perinatal-mental-health-peer-support/parents-mind-coventry-warwickshire>

Call Sarah Hislam on 0788 597 5261 or email parentsinmind.wc@nct.org.uk

By Your Side

We are a service user forum working with Coventry and Warwickshire Perinatal Mental Health Team helping to support families with emotional difficulties during pregnancy or in the year following the birth of their child. We all have 'lived experience' and have ourselves been seen by the team. We want to help support these families through our peer support service as well as breaking down the stigma and barriers that prevent people seeking the help and support they need. In the current climate offering online support groups and walk and talk groups for parents. <https://www.facebook.com/ByYourSidePerinatal>
bbyoursideforum@outlook.com



Homestart

Home-Start is a local community network of trained volunteers and expert support helping families with young children through their challenging times. We are there for parents when they need us the most because childhood can't wait.

Marie Ashford - 07906143611

Mel Pritchard - 07809766236

Email: office@homestartsouthwarwickshire.org.uk

SPECIFIC SUPPORT FOR DADS



Free online support groups for dads

<http://www.fatherhoodinstitute.org/2020/free-online-groups-for-new-and-expectant-dads-during-covid-19/>

Dadpad

available to purchase online <https://thedadpad.co.uk/>

Dad matters

a variety of online resources <https://dadmatters.org.uk/>

The Dad Club

a new virtual meeting place for fathers run by parents for parents <https://www.thedadclub.co.uk/>

Mind the Dad

free online support with your baby or in a virtual group <https://www.annafreud.org/early-years/our-work-with-under-fives/our-projects-with-families-experiencing-difficulties/mind-the-dad/>

By Your Side Dad's Online Chat Group

<https://www.facebook.com/groups/1301165323585925>

Dads chat & support

https://www.instagram.com/p_m_h_support_for_dads/

Dad's baby massage group

Dad's baby massage groups - email jo.farrand@parentingproject.org.uk

NATIONAL HELPLINES/SUPPORT

Samaritans

We offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you.

We won't judge you or tell you what to do, we'll listen to you.

call 116 123

SHOUT

Shout is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope

Text – 85258

PANDAS (Pre And Postnatal Depression Advice and Support)

www.pandasfoundation.org.uk **0808 1961 776 (Free)**. A Facebook page is also available offering inspiration, motivation and news.

Mental Health.org

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Looking after your mental health during Coronavirus outbreak

Every Mind Matters

Resources for keeping well during coronavirus crisis.

<https://www.nhs.uk/oneyou/every-mind-matters/>

Anxiety UK

Advice and helpline – **03444 775774 (9:30am – 10pm Mon – Fri 10am – 8pm Sat & Sun) or text support on 07537 416 905**. There is also regular online support groups you can register for –

www.anxietyuk.org.uk/coronanxiety-support-resources

Stay Alive App

The Stay Alive app is a pocket suicide prevention resource for the UK, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

www.stayalive.app

In addition to the resources, the app includes a safety plan, customisable reasons for living, and a life box where you can store photos that are important to you.

CALM Male Suicide

- T: 0800 585 858
- www.thecalmzone.net

No Panic

National organisations for phobias, anxiety, neuroses, information and care

- T: 0844 967 4848
- www.nopanic.org.uk

Cruse Bereavement

- T: 0808 808 1677
- www.cruse.org.uk

ADDITIONAL USEFUL LINKS

Family Information Service (FIS)

FIS provide information, advice and one-to-one support for families with children and young people aged 0 to 25 across Warwickshire on issues including:

• family relationships • finance • housing • parenting support • special educational needs and disabilities (SEND) • childcare • health and wellbeing

www.warwickshire.gov.uk/fis

Email: fis@warwickshire.gov.uk or call 01926 742274.

Citizens advice

www.casouthwarwickshire.org.uk

USEFUL APPS AND WEBSITES

Baby Buddy

<https://www.bestbeginnings.org.uk/baby-buddy>

Baby and Child First Aid app.

<https://www.redcross.org.uk/first-aid/first-aid-apps>

Born to Move

<https://www.kentcht.nhs.uk/service/kent-baby/born-to-move/>

The Lullaby Trust

<https://www.lullabytrust.org.uk/safer-sleep-advice/baby-check-app/>

NHS Choices:

<http://www.nhs.uk/pages/homepage.asp>