

# Support for Families

This page provides signposting to a variety of services available to support families.

[Parentalk courses - Care for the Family](#) - The Parent Talk Program is a video based parent support. There is a primary and secondary version that is a free resource from Care for the Family.

[1-2-3-Magic: The 3-Step Discipline for Calm, Effective, and Happy Parenting - YouTube](#) - 1-2-3 Magic is a positive parenting programme. The link provided takes you to a YouTube presentation, which demonstrates how 1-2-3 Magic can be implemented effectively.

[Not For Profit | Healthbox CIC | England](#) - Their mission is to promote health and wellbeing to individuals and groups by empowering them to make healthier choices easier. Healthbox offer a variety of programmes, which include support with Mental Health, Sleep and Social Prescribing.

[Programmes - Silver Cloud \(silvercloudhealth.com\)](#) - Provide programmes that are designed to help you improve and maintain your wellbeing.

[Young Minds | Mental Health Charity For Children And Young People | YoungMinds](#) - Is the UK's leading national charity supporting children and young people's mental health. Their website is filled with lots of hints and tips for young people and parents.

[School Anxiety Journal Prompts \(pookyknightsmith.com\)](#) - A useful journal you can use to help your child if they are experiencing school anxiety.

[School Anxiety and Refusal | Parent Guide to Support | YoungMinds](#) - If your child is anxious about school, or they are unable to go to school, Young Minds have advice on supporting them and working with the school and other services.

[Parents/ Carers EBSA Guidance | Support Services for Education](#) - Parents/Carers support and guidance for anxiety based around attending school.

[Home - Disability Positive](#) - Provide services, opportunities and a voice to people living with disability and long-term health conditions, and their families. Disability Positive is for children on mid to high rate DLA.

[Home - Endorphins Group UK](#) is a service that offers weekend and holiday groups, they link in with Young Carers. Endorphins provide inclusive programmes for both adults and young people.

[Supporting bereaved children and young people | Child Bereavement UK](#) - Child Bereavement UK support children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.