





## Sources of information for parents and carers in supporting the wellbeing of their child

The information below is for four websites which CEIAS think you will find useful- they are teeming with links and resources

What is it called?	Where can you find out more?	What do they do?
<p><b>Cheshire East Local Offer Livewell</b></p> 	<p><a href="#">Local offer for children with SEN and disabilities</a></p> <p><a href="#">Mental health</a></p>	<p>The Local Offer is an online resource providing information and advice for children and adults on a wide range of areas, including Mental wellbeing.</p> <p>You will find links to local agencies and groups providing information for you in supporting your child's mental health and wellbeing</p>
<p><b>My Mind</b></p> 	<p><a href="https://www.mymind.org.uk/">https://www.mymind.org.uk/</a></p>	<p>My Mind is a website for parents and young people. It has information on how to support your child in looking after their mental health, how to access help and support, and details of support services in your local area.</p>
<p><b>VisYon</b></p> 	<p><a href="https://www.visyon.org.uk/">https://www.visyon.org.uk/</a></p> <p><b>Telephone:</b> 01260 290000</p> <p><b>Email:</b> <a href="mailto:administration@visyon.org.uk">administration@visyon.org.uk</a></p>	<p><b>Open Access sessions:</b></p> <p>As parents/carers you can talk to staff members and get advice</p> <p><b>Parent Empower Hour:</b></p> <p>These sessions help establish support networks between parents whose children are experiencing emotional difficulties. They include sharing stories and advice in a safe space to know that you're not the only one.</p> <p><b>Other services:</b></p> <p>One-to-one therapy, Therapeutic groupwork, Family support work, Therapeutic play, Creative activities, Mentoring, Cognitive behavioural therapy and Solution-focused brief therapy</p>
<p><b>Young Minds</b></p> 	<p><a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a></p> <p><b>Parents Helpline :</b> 0808 802 5544</p> <p>There is a "contact form" on the website</p>	<p>They offer advice to parents/ carers worried about a child or young person under 25. This could be related to: their behaviour, emotional wellbeing, or mental health condition. Or may be related to their treatment.</p>

