

Support and information for parents and families in Surrey Heartlands during the coronavirus pandemic

Virtual Parenting Support

Postnatal Peer Support Group by Home-Start

These newly launched virtual groups are relaxed and informal with support from a counsellor and child care professional and four other families over the course of five sessions. To join please email: enquiries@home-start-elbridge.org.uk

Surrey Family Information Service

Signposting to online parenting and family sessions, support from your local Family Centre, wellbeing and financial advice during isolation. www.surreycc.gov.uk/people-and-community/families

One-to-One Peer Support by Home-Start

Individual support by telephone/Facetime from a trained volunteer or family coordinator including emotional support with a newborn, practical food/supplies drop off, preparing families and children for school, and support for bereavement, disability or illness. Leave details on the 'contact us' box online: homestartelbridge.org.uk/get-support/



Parenting Apps

DadPad App

For new or soon-to-be fathers offering practical information on everything from crying and bonding with your baby to supporting your partner. Download from your App store and select your NHS Hospital Trust for local support and services. www.thedadpad.co.uk



www.thedadpad.co.uk/app
Download free from any app store, enter postcode and select your local NHS Hospital Trust

Baby Buddy App

An excellent free interactive App with over 300 short video clips from parents and professionals sharing useful advice including looking after your emotional wellbeing. Download the app from your App store, or visit www.bestbeginnings.org.uk



HANDi – A New Child Health App

Helps you care for your child at home when they are unwell. It has guidance and support for new borns and the most common childhood illnesses. Download the app from your App store and select 'Surrey Heartlands' to get local information.

Emotional Wellbeing and Mental Health Support

Surrey Wellbeing Parenting Facebook Page

A new resource specifically to help parents weather the COVID-19 storm with ideas and tips to help you meet the emotional and developmental needs of your children right now. www.facebook.com/Surrey-Wellbeing-Partnership-103386114667958

Free Online Parenting Guides: From Pregnancy to Teenage Years

Online guides to help you understand your child's emotional development to improve your relationship. For children of all ages including those with Special Educational Needs and Disabilities (SEND). childrenshealthsurrey.nhs.uk/services/free-online-guides-families

Surrey Virtual Wellbeing

New resources to connect you with a wide range of online activities and support groups to access the help you need during current lock-down measures. virtualwellbeing.healthysurrey.org.uk/

Every Mind Matters

Simple and practical advice from how to deal with stress and anxiety to improving your mood. Learn to spot the signs of common mental health conditions and what to do if you are worried about someone. www.nhs.uk/oneyou/every-mind-matters

Health Support

Local Health Information for Families (with children age 0-19)

Details on health and care services that can offer support for you and your children from health visitors, school nurses and therapists including infant feeding and antenatal support: childrenshealthsurrey.nhs.uk



Updates to health service provision for children and families during the COVID-19 outbreak: childrenshealthsurrey.nhs.uk/news/covid-19-coronavirus-guidance

Perinatal Mental Health Service and Parent Infant Mental Health Service

For families in Surrey who are struggling with significant mental health problems during pregnancy and the early years. Your health visitor can connect you to these services or contact your GP for support.

Young Minds

Useful tips and ideas for how to support your children with worries or mental health problems: youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/

Kooth.com

Online mental wellbeing support for children from 10 years upwards in Surrey including a virtual chat with a trained member of the team. www.kooth.com



Jigsaw South East

Supports bereaved children and young people and those facing loss of a loved one. www.jigsawsoutheast.org.uk

Telephone Advice Lines

Children and Family Health Surrey Advice Line 01883 340 922

8am-5pm Mon-Fri exc Bank Hols, for families with children from 0-19 living in Surrey of all backgrounds including those facing homelessness and Gypsy, Roma Traveller and other groups. Advice from the health visiting team on all aspects of child health, development and parenting.

Domestic Abuse Helpline 01483 776 822

9am-9pm 7 days a week. Please reach out if you need to talk. You can also visit the website: www.healthysurrey.org.uk/domestic-abuse

Mental Health Crisis Helpline 0800 915 4644

24 hours a day, 7 days a week for adults living in Surrey. If you are worried about yourself or a family member in crisis, then please call this helpline.