



## Family Support for well-being

### **Free Emotional Health and Well-being support that families can access.**

**Action for Children** have developed a number of workshops which may be of interest to you. All workshops last for 1 hour and are intended as a space where you can join likeminded people who are experiencing similar situations.

The following workshops are available each month and full details of dates and times and how to book can be found on the website:

[News — Staffordshire Emotional Health and Wellbeing Service \(actionforchildren.org.uk\)](https://www.actionforchildren.org.uk/news-staffordshire-emotional-health-and-wellbeing-service)

- Managing Emotions ages 7-11 years & 12-18 years
- Communicating with My Child - for Parents
- NEW Anxiety in Autism - for Parents

**SilverCloud** - is an online support programme available for self-sign up for parents, please see attached guide, topics include **Supporting an Anxious Child or Teenager.** There are also programmes available for young people aged 16+.

To self-sign up for this option please visit <https://actionforchildren.silvercloudhealth.com/signup/>

### **Action for Children also have an excellent website:**

Build Sound Minds <https://minds.actionforchildren.org.uk> which gives lots of advice that you can try, along with other support you can access.

- Action for Children have a 'live' parenting service which can be accessed via their website <https://actionforchildren.org.uk> and click on 'Parent Talk' where you can talk online to a parenting practitioner.

**CAMHS** also have downloadable resources that you may find helpful and they can be accessed by following this link,

<https://www.camhs-resources.co.uk/downloads>

**IMPORTANT:** Please note Action for Children is not a crisis service, if at any point you are worried about the safety of a young person or if risks have escalated, please contact the appropriate services.