

# Signposting for families

November 2022



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# Just One Norfolk

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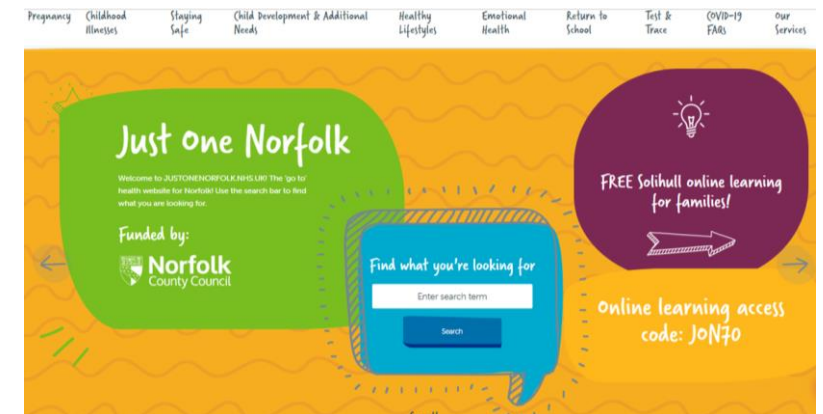
- Just One Number
- Parent line
- Chat health (children aged 11-18)

## Advice and resources for families

## Family webinars and online events

## Solihull Online Learning Understanding your child

## Advice and support for 0 – 25s



# Digital Support 11+

Chat Health (11 – 19 yrs)  
[07480 635060](tel:07480635060)

Kooth (11- 25 yrs)  
<http://www.kooth.com/>



# Childline



## Contacting Childline

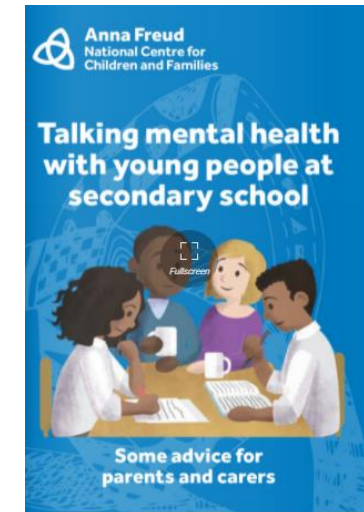
Call us free on 0800 1111 or find out how to get in touch online. Whatever your worry, we're here for you.

# Advice for families from Anna Freud

Talking mental health

Advice for families talking to children about mental health

7 ways to support children and young people who are anxious



# Family Workshops

[www.nsft.nhs.uk/parent-workshops/](http://www.nsft.nhs.uk/parent-workshops/)

[Family learning workshops](#)



# Digital Support 26+



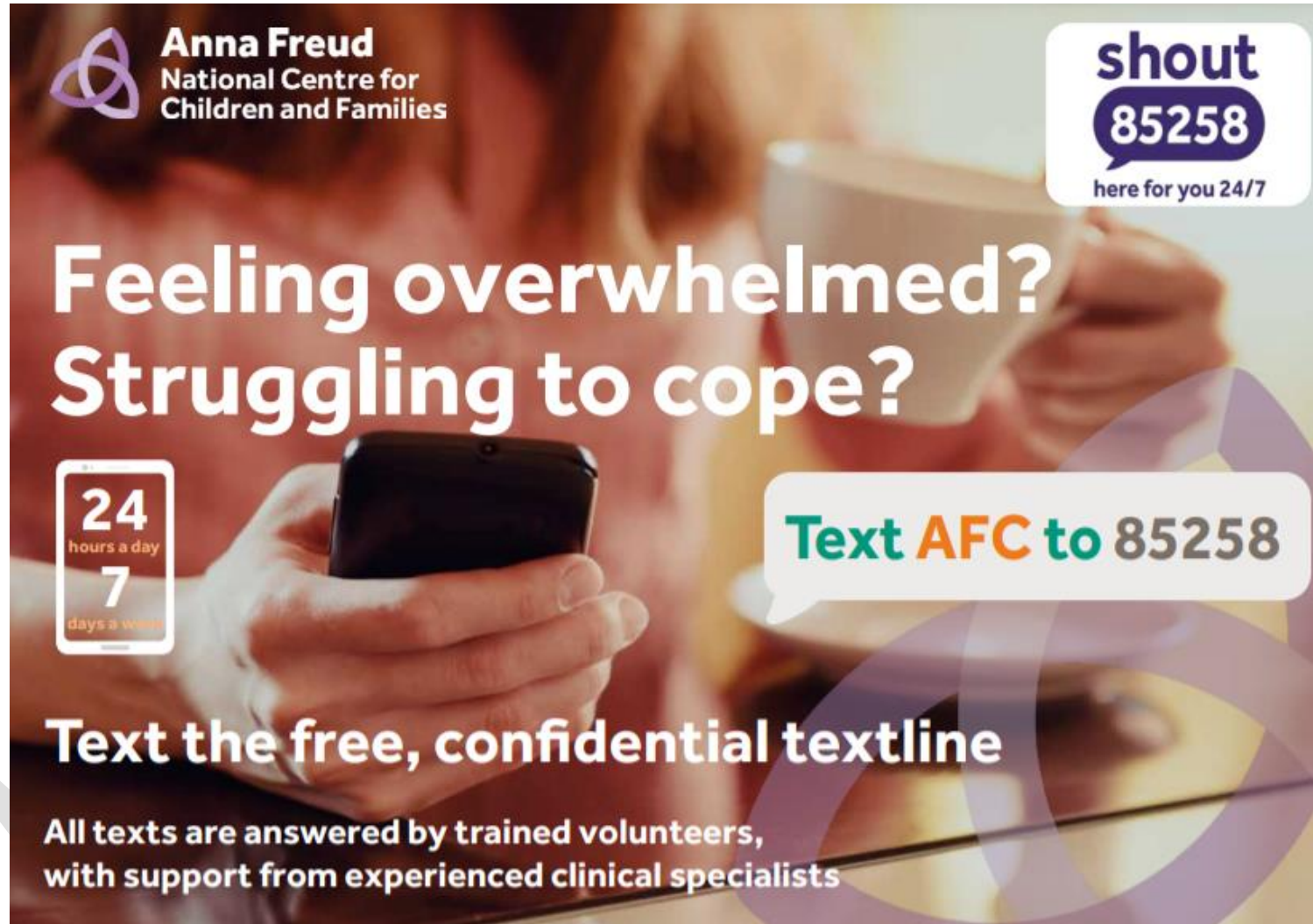
**By your side when  
you need us**


Providing immediate and  
anonymous emotional  
wellbeing support



Find out more by  
visiting **Qwell.io**

# Anna Freud textline

An advertisement for the Anna Freud textline. The background is a blurred image of a person holding a smartphone. The text is overlaid on this image. In the top left, there is the Anna Freud logo (a purple knot) and the text 'Anna Freud National Centre for Children and Families'. In the top right, there is a 'shout 85258 here for you 24/7' logo. The main text in the center reads 'Feeling overwhelmed? Struggling to cope?'. Below this, on the left, is a graphic of a smartphone showing '24 hours a day' and '7 days a week'. On the right, a speech bubble contains the text 'Text AFC to 85258'. At the bottom, it says 'Text the free, confidential textline' and 'All texts are answered by trained volunteers, with support from experienced clinical specialists'.

 **Anna Freud**  
National Centre for  
Children and Families

**shout**  
**85258**  
here for you 24/7

**Feeling overwhelmed?  
Struggling to cope?**

**24**  
hours a day  
**7**  
days a week

**Text AFC to 85258**

**Text the free, confidential textline**

All texts are answered by trained volunteers,  
with support from experienced clinical specialists



# Wellbeing Service for 16+



The infographic features a central illustration of a person at a desk with a laptop and a potted plant. To the left is the 'wellbeing' logo with the tagline 'Helping you live your life'. To the right is the 'NHS iapt' logo with the tagline 'Improving Access to Psychological Therapies'. Three text boxes provide details about the service, and a dark red banner at the bottom contains the website and phone number.

**wellbeing**  
Helping you live your life

**NHS iapt**  
Improving Access to Psychological Therapies

Wellbeing Norfolk & Waveney provide a range of support for people with common mental health and emotional issues, such as low mood, depression or stress. We work with you to help you make the necessary changes to improve your wellbeing and quality of life.

Our services are free and are available to people aged 16 and over living in Norfolk & Waveney.

Services we provide include:

- One-to-one support
- Online webinars which are quick to access
- Regular online social events
- Peer support
- Employment Support

You can find out more about our service by visiting our website or by giving us a call.

[www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk) 0300 123 1503

Wellbeing Service for 16+

# 5 Ways to Wellbeing: Links for adults



[5 ways to wellbeing](#)

[Stressbusters](#)

[Mental wellbeing audio guides - NHS \(www.nhs.uk\)](#)

[Place2be useful resources for parents and carers.](#)

# Self care for families

Putting yourself first  
Giving yourself permission  
Being kind to yourself  
Getting things done  
Making a to do list  
Ask for help  
Looking after yourself  
Maintaining energy levels  
The importance of sleep  
Staying connected  
Checking in with friends  
Its ok to say no  
Free time  
Time away from social media  
Remember your passions

<https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/>

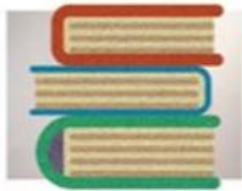
# Self care for teenagers

## 6 most commonly chosen approaches to self-care

As identified by children, young people, parents and carers



Listening to music



Reading or watching tv



Talking to someone you know and trust



Going outside



Laughter



Crying

<https://www.annafreud.org/on-my-mind/self-care/>

# Self care resources from Anna Freud

[Self Care Plan Primary](#)

[My Self Care Plan Secondary](#)

