

Wellbeing Provision Map for Parents and Children

Services and resources available for both parents and children to access for their mental, emotional, and physical wellbeing.

1. Emotional and Mental Health Support

For Children:

- **Kooth (Online Counselling Service)**
www.kooth.com
Description: Free, safe, and anonymous online counselling for children aged **11-25**. Offers support through messaging, forums, and self-help resources.
- **Brent Children and Adolescent Mental Health Services (CAMHS)**
[NHS CAMHS Brent](http://NHS.CAMHS.Brent)
Description: Specialist NHS services that support young people with emotional, behavioural, or mental health difficulties. Services are by referral from GPs or schools.
- **YoungMinds Crisis Messenger**
www.youngminds.org.uk
Description: 24/7 text support for young people struggling with mental health. Text "YM" to 85258 for free help anytime.

For Parents:

- **Brent Talking Therapies (IAPT)**
www.brent-talkingtherapies.nhs.uk
Description: Provides psychological therapy and counselling for adults. Self-referral is available, and services include Cognitive Behavioural Therapy (CBT) for anxiety, depression, and stress management.
- **Family Lives (Parentline)**
www.familylives.org.uk
Description: National charity supporting parents. Offers a helpline, live chat, and forums to discuss parenting challenges or get emotional support. Helpline: 0808 800 2222.
- **Brent Mental Health Support Team (MHST) for Schools**
Description: Supports parents and students with anxiety, low mood, and behavioural issues. They work closely with schools and families to provide early mental health interventions.

2. Physical Health and Wellbeing

For Children:

- **Brent Youth Health Champions Programme**
Description: A peer-led initiative empowering young people to promote healthy lifestyles. Includes workshops on nutrition, exercise, and mental health awareness. Contact your school for more details.
- **Change4Life (NHS)**
www.nhs.uk/change4life
Description: Resources and activities to promote physical activity and healthy eating for children and families.

For Parents:

- **Brent Health Matters Programme**
Brent Council
Description: Local initiative to tackle health inequalities in Brent, offering resources on healthy living, GP services, and access to health professionals.
- **NHS Healthy Start Vouchers**
www.healthystart.nhs.uk

Description: Support for pregnant women and families with young children to buy healthy food and vitamins.

3. Community and Social Support

For Children:

- **Brent Youth Zone (BYZ)**

www.brentyouthzone.org.uk

Description: Safe, engaging youth space for young people (ages 8-19) offering sports, arts, mentoring, and mental health support.

- **The Mix (Essential Support for Under 25s)**

www.themix.org.uk

Description: Free confidential support for young people, including a helpline, online chat, and counselling services.

For Parents:

- **Brent Family Solutions Service**

Brent Council - Family Solutions

Description: Offers early help and practical support to families experiencing challenges, including housing, parenting, and financial stress.

- **Brent Carers Centre**

www.brentcarerscentre.org.uk

Description: Support for parents and carers looking after children with special educational needs or disabilities (SEND), including respite care, financial advice, and emotional support.

4. Special Educational Needs and Disability (SEND) Support

For Children:

- **Brent SEND Local Offer**

Brent Local Offer

Description: Information about the services and support available to children and young people with SEND in Brent, including educational support, health services, and leisure activities.

- **Contact (For Families with Disabled Children)**

www.contact.org.uk

Description: Support for families with disabled children, including online resources, workshops, and a free helpline (0808 808 3555).

For Parents:

- **Brent SENDIASS (Special Educational Needs and Disabilities Information, Advice, and Support Service)**

www.brentsendiass.co.uk

Description: Offers free, confidential, and impartial advice to parents of children with special needs regarding education, health, and care plans (EHCPs).

5. Crisis Support

For Children:

- **Childline**

www.childline.org.uk

Description: 24/7 support service for children and young people in distress. Call 0800 1111 or use their online chat service.

For Parents:

- **Samaritans**

www.samaritans.org

Description: Free, confidential support for anyone feeling overwhelmed or in emotional distress. Call 116 123, 24/7.

- **Brent Council Emergency Duty Team**

Description: For urgent concerns about a child's safety or wellbeing outside of normal working hours. Contact Brent Council's emergency duty team at 020 8863 5250.

6. Workshops and Wellbeing Events

- **Parenting Workshops (Brent Council)**

Description: Regular parenting workshops offered by the council, covering topics such as positive discipline, managing anxiety, and emotional wellbeing for parents and children.