

Support for Mental Health Needs

Please find below some signposts to support families if they are in need of advice or help. This was at the request of the Parent Consultation Group.

Adult Support:

Therapyforyou.co.uk

Lotus Petal Family Support (for Post Natal Depression): PND & Me on Twitter.

Support for Children:

NELFT EWMHS (Emotional Wellbeing and Mental Health Service). Tel: 0300 555 1200

Yellow Door – Support for families who have suffered abuse. Helpline (Weds 4 - 7pm): 023 8063 6313 info@yellowdoor.org.uk

The Children's Society: •telephone 0300 303 7000 •email supportercare@childrenssociety.org.uk

CAVS Family mentoring Service – for personalised care and support for families. TEL: 01268 638405 Email: familymentoring@castlepointavs.org.uk

Little Lions Family Hub – part of Essex Child and Family Wellbeing Service. Tel: 01268 683671 Parenting and free activities for all the family.

Family activities to consider: Yoga, pilates, massage, outdoor walks and nature trails. Physical exercise and time outdoors can be a mood booster and help to improve mental health.