



VCS Alliance Support: Family Support

VCS Organisation	Service description	Contact details
Family Lives telephone support	If you are struggling with an issue in your family life, pick up the telephone if you need to talk, they're here to listen ... open till 9pm.	free and confidential helpline 0808 800 2222 Website www.familylives.org.uk
Holes in the Wall	Holes in the wall Helen Bonnick is a social worker, activist and blogger who has been researching child to parent violence and abuse across the UK, Europe and internationally. Helen's website offers a wealth of information including research, reading, support service details and other resources for both parents, carers and professionals	www.holesinthewall.co.uk/resources/directory
Roller Coaster Peer support	I'm Louise and I work as a Peer Supporter here at Roller Coaster Parent Support Group. I'm available to offer 1-1 support via email telephone or Zoom and when we can all meet up together, face to face. Parenting a child that is struggling with their mental health can often feel lonely and isolating i know this from my own experience, so if your struggling or just want a chat reach out because your not alone	Email louise@rollercoasterfs.co.uk telephone 07904952602
Roller Coaster Peer support groups	Every Wednesday Guest speakers will be available Covering a range of topics, tips, activities and virtual support	Rollercoaster-Wendy 07415 380 040 Email parentsupport@success.coop

	<p>Times vary</p> <p>Monthly Virtual Drop in First Friday each month A place to get support, and information around your child's mental health and anxiety. Drop in for a cuppa and parent peer support</p>	
Toolbox Childline	<p>However, you're feeling, we're here to help. Take your mind off things with games, use tools to find ways to cope or get creative and let your feelings out. It's all in your handy tool box.</p>	<p>For more information visit https://www.childline.org.uk/toolbox/</p>
Solihull online courses for parents and Carers	<p>Understanding Your Child Solihull Approach FREE online courses will help you understand your child from pregnancy to their teenage years.</p>	<p>For more information visit Find out more at: www.inourplace.co.uk Enter the access code DCCHDFT to gain free access</p>
Mental Health & Emotional Support information across County Durham	<p>Children and Young Peoples rainbow guide link http://www.durham.gov.uk/familiesmentalhealth Adults rainbow link http://www.durham.gov.uk/article/5647/Mental-health-support-for-adults</p>	<p>  Mental health & Emotional Support for Mental Health & Emotional support for</p>