

***Parenting isn't always easy, although it's rewarding to watch your child grow, it can also be difficult at times, and you may feel unsure where to find help....***

Organisations providing support to children and families include:

**Useful websites:**

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.mentallyhealthyschools.org.uk](http://www.mentallyhealthyschools.org.uk)

[www.stress.org.uk](http://www.stress.org.uk)

[www.staffordshireconnects.info](http://www.staffordshireconnects.info)

[www.staffsandstokewellbeing.nhs.uk](http://www.staffsandstokewellbeing.nhs.uk)

[www.staffordshire.gov.uk](http://www.staffordshire.gov.uk)

**Useful apps:**

[www.calm.com](http://www.calm.com)

[www.headspace.com](http://www.headspace.com)

[www.audible.com](http://www.audible.com)

**Community safeguarding:**

**Report a concern**

**Phone:** [0300 111 8007](tel:03001118007) and select option 1.