

Information for Parents

A brief summary of some of the support during lockdown.



Parenting support and advice

www.glosfamiliesdirectory.org.uk

0800 5420202 familyinfo@gloucestershire.gov.uk

Support, webinars and virtual coffee mornings for carers

www.gloucestershirecarershub.co.uk

carers@peopleplus.co.uk



Support, chat and advice for young people

Teens in Crisis

Our Parent Support and Advice Line is OPEN for any parent worried about their child's mental health, emotional well-being or behaviour, especially during these difficult and uncertain times.

If your child is aged 0-25 and lives in Gloucestershire, you can drop-in to our free, anonymous, confidential helpline during open hours and talk to one of our trained parent support advisers.

You can call FREE to 0800 6525675 or access the online text chat.

OPEN TIMES:

MON 5pm – 9pm

TUES 9.30am – 1pm

WED 5pm – 9pm

SAT 9.30am – 1pm

We care, we won't judge, and we will take you seriously.

<https://ticplus.org.uk/psalc4a/>

General health advice for teens

'Chat Health' delivered by the school nursing service. 07507 333351

<https://www.ghc.nhs.uk/our-teams-and-services/school-nursing/chathealth/>



Gloucestershire Counselling Service (GCS)

Gloucestershire Counselling Service remains open and continues to offer affordable counselling online via telephone and video call.

You can self-register via our website for adults, children, young people and family counselling. Register via our website:

<https://gloscounselling.org.uk>



Food

<https://my.morrisons.com/doorstep-deliveries/> for vulnerable or elderly people that can't get to the store.

<https://trusselltrust.org> Information about how to get supplies from your local Food Bank.

Finance

If you are isolated and need to get cash, the 'Pay Out Now' scheme has been extended. Contact your bank for a voucher with a barcode and a trusted friend or volunteer can withdraw your money from any Post Office. <https://bbc.co.uk/news/business-52229698>



Barnwood Trust – offer grants to help with anything that might improve the wellbeing of people in Gloucestershire who have a disability or mental health condition.

<https://www.barnwoodtrust.org/keepingstrong/>

General advice

Citizens Advice 01452 527202

<https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/>