

THRIVE DIRECTORY

Parent and Caregiver
Pathway to Support

If you wish to add more organisations to this document, please contact
Parental Minds at admin@parentalminds.org.uk



**PARENTAL
MINDS C.I.C**



**PARENTAL MINDS
SUPPORT**

Introduction

This directory lists the places that parents and caregivers can get support and advice, and is grouped into four levels of support:

Getting Advice	For those who need advice and signposting, where issues have just arisen
Getting Help	For those who need focussed, goal-based input and where issues are ongoing.
Getting More Help	For those who need more intensive and targeted goal-based input.
Getting Risk Support	For families experiencing a crisis situation, where there may be for example suicidal thoughts, hospitalisation.

Thrive Support

Thriving		
Name	Description	Link
Get Self Help	Online Resource.	https://www.getselfhelp.co.uk/
NHS	Mental Health and Everymind matters.	https://www.nhs.uk/every-mind-matters/
Young Minds	Parents guide to support A-Z	https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/
Mind	Supporting someone else A-Z	https://www.mind.org.uk/information-support/a-z-mental-health/
Devon RLC	Online Resource	https://devonrlc.co.uk/

Getting Advice			
Type	Name	Description	Link
F2F	Action East Devon	Non-clinical peer support group work. 1-2-1 mentoring and support toolkits	https://www.actioneastdevon.org.uk/
Online/ Phone	DiAS	SEND information	https://devonias.org.uk/resources/

Online	Get Self Help	Provides online self help and therapy resources	https://www.getselfhelp.co.uk/
Online	Mind	Supporting someone else A-Z	https://www.mind.org.uk/information-support/a-z-mental-health/
Online/ F2F	Parental Minds	Awareness, upskilling and how to support	https://www.parentalminds.org.uk/category/all-resources/
Phone	School Nurse (Chat Health)	Parent and caregivers	07520 631721

Getting Help

Type	Name	Description	Link
	Devon Carers	Support and information	https://devoncarers.org.uk/
	DiAS (Devon Information, advice and support)	Additional needs, education, support	https://devonias.org.uk/
	Get Self Help	Provides online self help and therapy resources	https://www.getselfhelp.co.uk/
	Mind	Supporting someone else A-Z	https://www.mind.org.uk/information-support/a-z-mental-health/
	NHS	Mental Health and Everymind matters	https://www.nhs.uk/every-mind-matters/
	Parental Minds	Resources and support	https://www.parentalminds.org.uk/
	Young Minds	Parents guide to support A-Z	https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/
	We Are With You	Information of how to support someone through alcohol misuse or addiction	https://www.wearewithyou.org.uk/help-and-advice/advice-friends-family/

More Help

Type	Name	Description	Link
	Family Lives	Family support	https://www.familylives.org.uk/
	Hub of Hope	A listing of support available in your area	https://hubofhope.co.uk/

	Helplines	Support helplines	https://www.helplines.org/helplines/
	Young Minds	Search parent helpline	https://www.youngminds.org.uk/
	Talkworks	Devon's NHS talking therapies service	https://www.talkworks.dpt.nhs.uk/
	Wellbeing Exeter	Those in Exeter and Cranbrook can link with a Community Connector, who has knowledge of a range of local opportunities and can help connect people to those that are right for them.	https://www.wellbeingexeter.org.uk/community-connecting
	GP Practice	In East Devon your GP practice may have a community connector or social prescriber who can link you with local activities or organisations	Ask at your GP surgery
	Drugfam	Support line when you're supporting someone through alcohol misuse or addiction	https://drugfam.co.uk/

Risk Support			
Type	Name	Description	Link
	Advocates for Adults	Ensuring your voice is heard at professional meetings when under a mental health section and for Care Reviews	https://devonadvocacy.org.uk/
	CAMHS	Weekdays 8am - 5pm 03300 245 321 Out of hours 0300 555 5000	https://childrenandfamilyhealthdevon.nhs.uk/camhs/
	First Response Service (NHS)	24/7 Expert Mental health support. 0808 196 8708	https://www.dpt.nhs.uk/our-services/first-response-service
	The Moorings	Exeter 6pm - midnight weekdays, 12pm - midnight weekdays. EX1 1SB 07990 790 920	https://www.mhm.org.uk/the-moorings-devon
	NHS 111	NHS online or telephone service to direct you to services, select the mental health option.	https://111.nhs.uk/ or call 111.

Further Reading - Counselling		
Name	Description	Link
BACP	Qualified Counsellors	https://www.bacp.co.uk/search/Therapists
CYP Southwest	Search for Services	https://swcypiapt.com/about/south-west-services/
Counselling Directory	Search for Services	https://www.counselling-directory.org.uk/
Freebird Counselling	Counselling	https://www.facebook.com/freebirdcounselling/
Horizon Counselling Services	Counselling	https://www.horizonplymouth.co.uk/
Ironmill	Counselling	https://www.ironmill.co.uk/counselling-service
Parental Minds	Parental Minds Counselling (PMC), available to Parental Minds Support Parents. £5+	https://www.parentalminds.org.uk/contact-us/
Southwest Family Values	1-2-1 Parenting support	https://southwestfamilyvalues.org.uk/
Therapy Counselling	Search Counselling areas	https://www.therapycounselling.org/
Tina Welch	Family counselling	https://www.tinawelch.co.uk/