

Mental Health and Wellbeing: Sources of Support for Parents/Carers

Organisation	Main Contact Details	Topic Addressed
Speyside High School Parent Peer Support Group (run in partnership with the Moray Wellbeing Hub).	Miss Boyd Tel: 01340 871522 Email: admin.speysidehigh@moray-edunet.gov.uk	The Parent Peer Support Group is a great way to connect with other parents in a relaxed and supportive manner. Why not come along to one of our Wellbeing Walks? Everyone welcome!
Speyside High School Mental Health and Wellbeing Evening Class (8 weeks).	Miss Boyd Tel: 01340 871522 Email: admin.speysidehigh@moray-edunet.gov.uk	This course covers: 'Understanding Mental Health Issues', 'Influences on Mental Health and Wellbeing' and 'Coping Strategies and Building Resilience'.
The Samaritans	Call free on 116 123 (UK) Email: jo@samaritans.org	Confidential support service. Open 24 hours a day, 7 days a week.
Young Minds	Parent helpline: 0808 802 5544 www.youngminds.org.uk	Free, confidential online and telephone support.
Parent Line Scotland	Call: 08000 28 22 33 Email: parentlinescotland@children1st.org.uk	Scotland's free helpline, email and web-chat service, for anyone caring for or concerned about a child or young person. Open 9am- 9pm Mon to Fri.
NEEDS (North East Eating Disorders Support)	Call 01224 557672 www.needs-scotland.org/	Self-help group for those affected by an eating disorder as a sufferer, parent, partner, relative, or friend.
Quarriers	Call: 01505 612224/616000 Out of Hours: 07812 228 410 Email: hello@quarriers.org.uk www.quarriers.org.uk	Free, confidential advice and support for adults and young people with a physical or learning disability, young people with social emotional or behavioural difficulties, carers and families facing poverty, family breakdown and disadvantage.
Doctor (GP)	Contact your GP at your local surgery	Speak to your GP if you are worried about your child's mental health, including an addiction to gaming. Your GP may decide that a referral to the Child and Adolescent Mental Health Service (CAMHS) is appropriate. See Appendix C for further information on CAMHS.
NHS Choices	http://www.nhs.uk/conditions/stress-anxiety-depression/pages/mental-health-helplines.aspx	Whether you're concerned about yourself or a loved one, the helplines listed can offer expert advice.