

## Useful links for families – Health and Wellbeing

Parenting and relationship support at Tavistock Centre

<https://www.tavistockrelationships.org/free-services>

Young Women's Trust supports young women aged 18-30 with free telephone coaching, helping them build strong mental health, set goals and stay motivated. You can find out more

here: <https://www.youngwomenstrust.org/work-it-out-sign-up>

Happy children, Happy parents

[https://ihv.org.uk/wp-content/uploads/2015/10/32-PT\\_Happy-Children\\_V4.pdf](https://ihv.org.uk/wp-content/uploads/2015/10/32-PT_Happy-Children_V4.pdf)

Emotional Health and Wellbeing -Mothers

[https://ihv.org.uk/wp-content/uploads/2016/10/PT\\_Emotional\\_Welbeing\\_Mothers\\_V3\\_4.pdf](https://ihv.org.uk/wp-content/uploads/2016/10/PT_Emotional_Welbeing_Mothers_V3_4.pdf)

Emotional Health and Wellbeing -Fathers

[https://ihv.org.uk/wp-content/uploads/2016/10/PT\\_Emotional-Welbeing-Fathers\\_V3\\_4.pdf](https://ihv.org.uk/wp-content/uploads/2016/10/PT_Emotional-Welbeing-Fathers_V3_4.pdf)

How can new fathers get involved?

[https://ihv.org.uk/wp-content/uploads/2015/05/24-PT\\_Fathers\\_V4.-JB3pdf.pdf](https://ihv.org.uk/wp-content/uploads/2015/05/24-PT_Fathers_V4.-JB3pdf.pdf)

NSPCC - Talking to a child worried about coronavirus (COVID 19)

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

Mind - Coronavirus and your wellbeing

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Refuge - Domestic violence

<https://www.nationaldahelpline.org.uk/>

Women's Aid - Domestic violence and mental health

<https://www.womensaid.org.uk/the-survivors-handbook/domestic-abuse-and-your-mental-health/>

Get coronavirus support as an extremely vulnerable person

<https://www.gov.uk/coronavirus-extremely-vulnerable>

Ofsted guidance - Closure of educational settings: Information for parents and carers

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/closure-of-educational-settings-information-for-parents-and-carers>

Looking after your teeth

[https://ihv.org.uk/wp-content/uploads/2015/11/PT\\_Childrens-Teeth\\_V6-WEB.pdf](https://ihv.org.uk/wp-content/uploads/2015/11/PT_Childrens-Teeth_V6-WEB.pdf)