

Mental Health Support for Parents and Carers in Bolton

As parents and carers we play an important role in teaching children and young people how to understand and manage their feelings as they grow up.

It's normal for your child to feel angry, sad, worried or stressed sometimes. However, if they're struggling to cope with those feelings, they might need support.

Trying to find the right help for your child and navigating your way around different services can often feel overwhelming. Remember to look after yourself as you go – and to remind yourself that you're doing your best and it's not always easy.

The following information list a range of services that can help, advise, guide and support **you and your child** with mental health and emotional wellbeing problems.

Free text and online support:

Qwell

Free online mental health counselling and self-help support for parents and carers in Bolton who are struggling with their own mental health or would like support to manage their child's mental health

Access is free and anonymous – www.quell.io

Parent Helpline

The Young Minds parent helpline is available Monday-Friday, 9:30am-4pm for detailed advice, emotional support and signposting about a child or young person aged up to 25.

Call a trained advisor for free on 0808 802 5544

ChatHealth

Parents and carers in Bolton can text a healthcare professional for confidential information and support around a range of topics including child development, emotional health and wellbeing and behavioural issues

The service is provided by Bolton NHS Foundation Trust

Text: 07507 331751



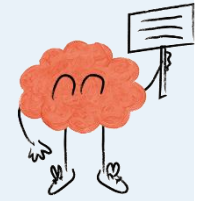
Parent Peer Support:

iThrive Parent Peer Support

Voluntary and community sector organisations in Bolton provide free peer support to Bolton parents and carers who have a child experiencing mental health difficulties.

Access further information or refer yourself for support:

- **Email:** IThrive@boltontgether.org.uk
- **Use the online referral form:** <https://bolton-together.org.uk/parent-peer-support-programme-referral-form>



Crisis Support:

Bolton's 24/7 crisis line – 0800 953 0285

For urgent mental health support

- Freephone number, available to any age
- www.gmmh.nhs.uk/247-helpline

Shout

Shout is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

- Any time day or night, wherever you are
- Every conversation is with a real person
- Confidential and anonymous

Text SHOUT to 85258



Be Kind to My Mind www.bekindtomymind.co.uk

Bolton's own emotional and mental health support website.

- Local directory of all mental health support services in Bolton
- A-Z of mental health problems and specific section for parents and carers

Free online wellbeing programmes

SilverCloud

Online self-help programme to build resilience, ease your stress levels and sleep better

- Confidential, secure and instant access

<https://gm.silvercloudhealth.com/signup/>

Living Life To The Full

Online courses for anyone affected by low mood, anxiety or depression.

- Resources are totally free of charge if you live in Greater Manchester

<https://littfgm.lttf4.com/>

