**Below are some useful website links that may help you support your children and family. We hope you find them useful.**

### Children & Young People's Health Services

Contact for parents/carers who would like further support or have any questions or concerns about their children.

https://www.justonenorfolk.nhs.uk

0300 300 0123

### Young Minds

A mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need.

https://www.youngminds.org.uk

### Care for the Family

Every family should have somewhere to turn for support when things are good and when family life is challenging. You can find advice and support for parents. They have a confidential telephone care line.

https://www.careforthefamily.org.uk

### Childline

Get help and advice about a wide range of issues, call us on 0800 1111, talk to a counsellor online, send **Childline** an email or post on the message boards.

https://www.childline.org.uk

### Health and Wellbeing Advice

A range of health advice and details of services available to support your child's development and wellbeing.

https://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/childrens-health-and-wellbeing

### Bereavement

Nelson's Journey supports children and young people who've experienced the death of a significant person. They provide a range of resources and services for those who may need it.

https://nelsonsjourney.org.uk

or call 01603 431788