

Many of the listed support/resources are not commissioned or officially endorsed but may still be found useful

Hertfordshire Parental Support

- [CWP Parental Webinars](#)
- [Healthier Together Website Parental Support](#)
- [Thrive YPC - List of health resources for young people in Hertfordshire](#)
- [The Hertfordshire Local Offer](#)
- [DSPL Support](#)
- [HCC Directory of Parental Support *free parenting courses*](#)
- [CYPMHS - Carers In Herts](#)
- [ChatHealth parent support service](#)
- Herts Hub: www.hertshub.co.uk

National Parental Support Resources

- **Young minds:** supporting and empowering young minds
 - www.youngminds.org.uk;
 - Helpline: 0808 802 5544: Mon-Fri 9.30-4pm; email parents@youngminds.org.uk; also online webchat
 - Parental advice and support for children up to 25yr
- **Family lives:** national family support charity: help and support in all aspects of family life
 - 0808 800 2222 (formally Parentline Plus) 24/7
 - www.familylives.org.uk
- **Charlie Waller Trust**
 - <https://www.charliewaller.org/parents-and-carers>
- **Anna Freud:** advice and guidance for parents with children and young people struggling with mental health
 - www.annafreud.org
- **Happy Maps:** Reliable resources and help for parents on children's mental health
 - <https://www.happymaps.co.uk/>