

- **Solihull Approach:** Free online parenting courses for Solihull residents – access code APPLEJACKS
www.inourplace.co.uk
- **FamilyLives:** Support around parental challenges as well mental health concerns of both parents and their children plus helpline, advice videos and forums
www.familylives.org.uk
- **Centre for Parent and Child Support – CPCS**
Facebook page giving parenting tips and advice based on the 'Being a Parent' course
- **Solar**
Emotional wellbeing and mental health service for children and young people in Solihull
www.bsmhft.nhs.uk/our-services/solar-youth-services/
Crisis Team: 0121 301 2750
www.bsmhft.nhs.uk/our-services/solar-youth-services/i-need-help-now/



DOMESTIC ABUSE

Free 24-hour National Domestic Abuse Helpline

Telephone number: 0808 2000 247 Online support available at www.nationaldahelpline.org.uk

GENERAL INFORMATION

The latest Coronavirus news for Solihull, as well as sources of practical help during lockdown, including help with food, money advice, staying well and safe:

www.solihull.gov.uk/Resident/socialservicesandhealth/Coronavirus

FOR YOUNG PEOPLE

- www.kooth.com
Free, safe and anonymous support for young aged 11-25
- www.youngminds.org.uk
Free support for young people & parents around mental health challenges

FOR PARENTS OF CHILDREN WITH AUTISM:

- Autism West Midlands
www.autismwestmidlands.org.uk
- National Autistic Society
www.autism.org.uk
- The Girl With the Curly Hair
www.thegirlwiththecurlyhair.co.uk

For further information about the parenting support available in Solihull, please contact the Parenting Team via email to bsmhft.parenting@nhs.net