

# Parents Helpline

## Who are we?

YoungMinds is the UK's leading charity fighting for young people's mental health.

We offer a free, national Helpline service for any parent or carer concerned about a young person aged 0-25. We provide translation services in over 200 languages and comprehensive resources on the Parent and Carer section of our website:

<https://www.youngminds.org.uk/parent/parents-helpline/>

## How can we support your organisation?

We offer the following free services to organisations that work with parents and carers:

### Information sessions for staff and volunteers

- Learn about The Parent Helpline services and discover how our support channels and parents and carer website section can be a lifeline for the families you work with.
- We can join a team meeting, run a lunch and learn session, or join another meeting or event.

### Information exchanges for parents and carers

- Offer your parents/carers group a facilitated information session, with a spotlight on the Parents Helpline.
- Sessions are run informally and usually last around an hour including time for questions and discussion.

### Attendance at your events

- We can attend your event or conference with an exhibition stand.
- We can also run Parents Helpline related workshops or address your conference to speak about the work of the Parents Helpline.

### Resources

- We can provide leaflets, PDF's, and online links for you to share with your staff and networks.
- We can provide copy and information for your newsletters and e-bulletins.

To find out more about our engagement activities please contact:

- Jill Walsh [jill.walsh@youngminds.org.uk](mailto:jill.walsh@youngminds.org.uk)
- Vernon Samuels [vernon.samuels@youngminds.org.uk](mailto:vernon.samuels@youngminds.org.uk)

Scan the QR code to keep up to date with our work!

