

INFORMATION DIRECTORY



Look for this symbol for websites with sections suitable for children and young people. Remember to check the appropriateness of each site to your child as many are aimed at older children and teenagers.



Sites with this symbol have a dedicated parent helpline.

Control + Click the link on the following slide to jump to relevant sections



➤ [Parenting Children with Autism](#)

➤ [LGBT+ Families](#)

➤ [Resources](#)

➤ [Single Parents](#)

➤ [Support for Families Affected by Criminal Behaviour or Domestic Abuse](#)

➤ [Parenting Anxious Children](#)



➤ [Parenting Courses](#)

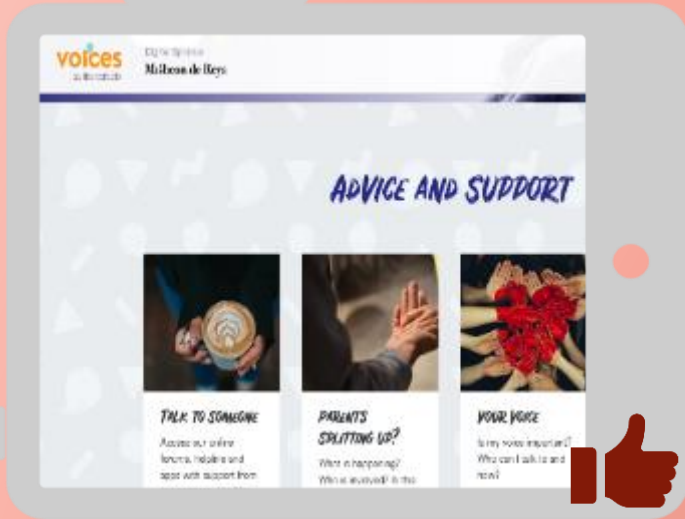
➤ [Separation, Divorce, and Parenting apart](#)

➤ [Parenting Children with ADHD](#)

➤ [General Parenting and Child Mental Health](#)

➤ [Keeping Well as a Parent](#)

➤ Parenting Apps



Voices in the Middle
<https://www.voicesinthemiddle.com>



NSPCC
<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/separation-and-divorce/>

You might be interested in:



<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/>

Separation, Divorce, and Parenting Apart



Resolution
<https://resolution.org.uk/looking-for-help/parents-children-the-law/>

You might be interested in:



<https://resolution.org.uk/looking-for-help/parents-children-the-law/managing-life-between-two-homes/>



Family Lives
<https://familylives.org.uk/advice/divorce-and-separation/shared-parenting-and-contact/what-is-shared-parenting/>



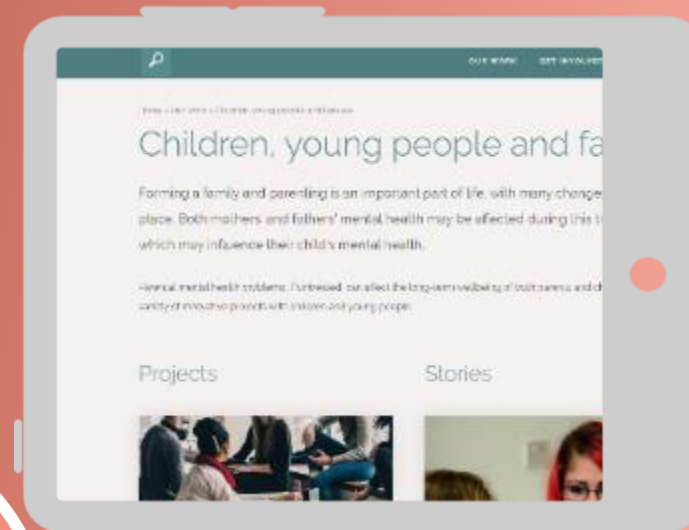
<https://familylives.org.uk/advice/divorce-and-separation/shared-parenting-and-contact/advice-if-your-ex-has-different-routines-and-parenting-styles>



Click the pictures to explore the web pages

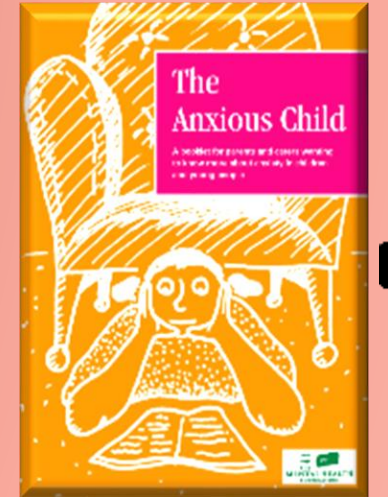


Young Minds
<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>



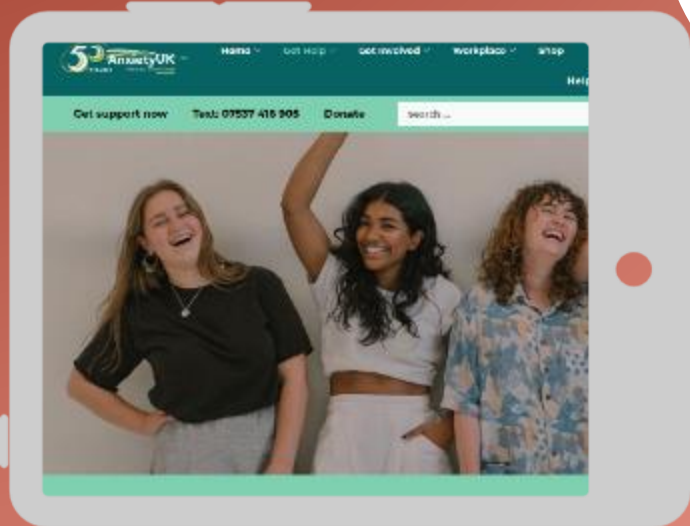
The Mental Health Foundation
<https://www.mentalhealth.org.uk/our-work/children-young-people-and-families>

You might be interested in:



https://www.mentalhealth.org.uk/sites/default/files/anxious_child.pdf

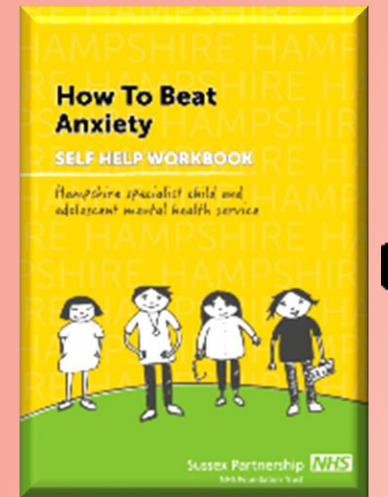
Parenting Anxious Children



Anxiety UK
<https://www.anxietyuk.org.uk/get-help/support-for-children-young-people/>



CAMHS
<https://hampshirecamhs.nhs.uk/help/parents-carers/anxiety-professionals/>



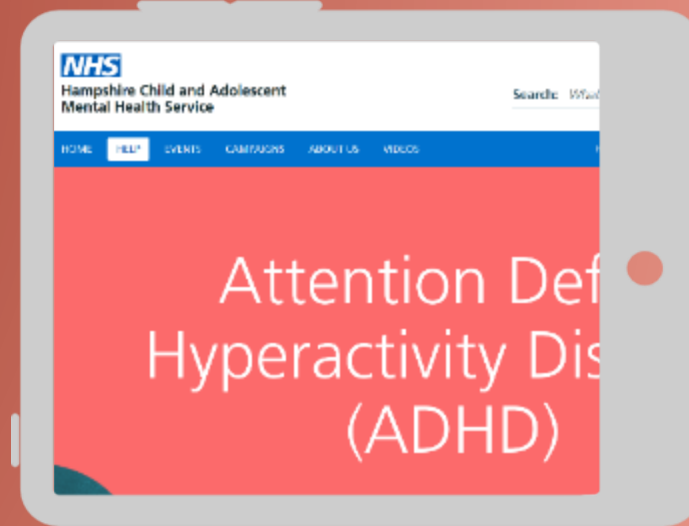
Via the CAMHS Anxiety page

Click the pictures to explore the web pages



ADHD Foundation

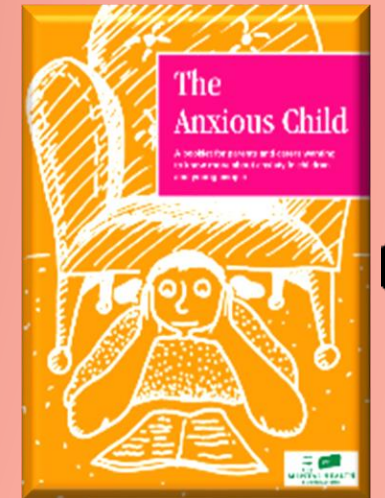
<https://www.adhdfoundation.org.uk/information/parents/>



CAMHS

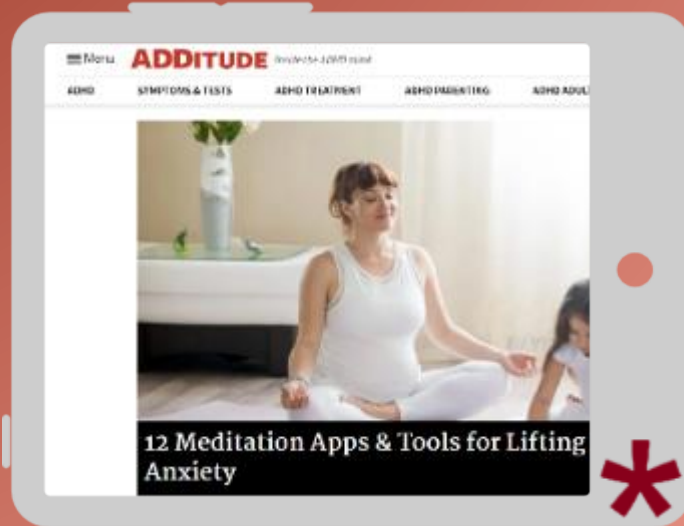
<https://hampshirecamhs.nhs.uk/help/parents-carers/adhd-professionals/>

You might be interested in:



https://www.mentalhealth.org.uk/sites/default/files/anxious_child.pdf

Parenting Children with ADHD

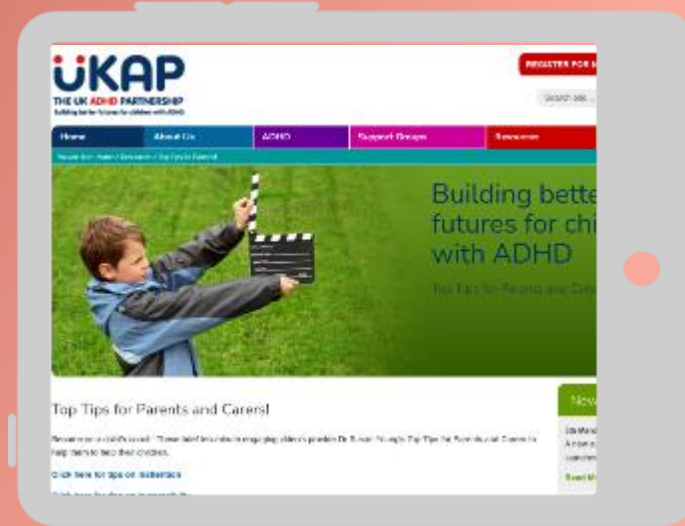


ADDitude

<https://www.additudemag.com/>



One of the only American-based sites listed so worth noting if looking for support available, but it has a good free webinars and resources section.



The UK ADHD Partnership

<https://www.ukadhd.com/top-tips-for-parents1.htm>



Click the pictures to explore the web pages

Click the pictures to explore the web pages



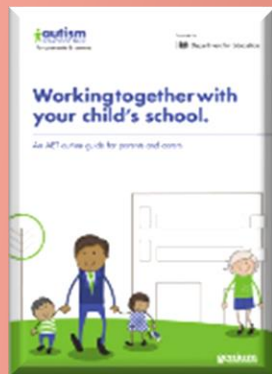
The Autism Trust
<https://www.theautismtrust.org.uk/>



National Autistic Society
<https://www.autism.org.uk/>



You might be interested in:



Autism Education Trust
<https://www.autismeducationtrust.org.uk/>

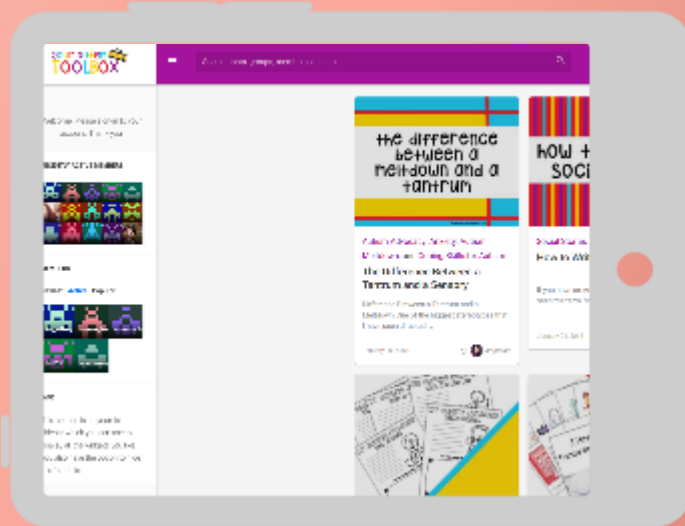


CAMHS
<https://hampshirecamhs.nhs.uk/help/parents-carers/autistic-spectrum-condition/>

Click the pictures to explore the web pages



More Parenting Children with Autism



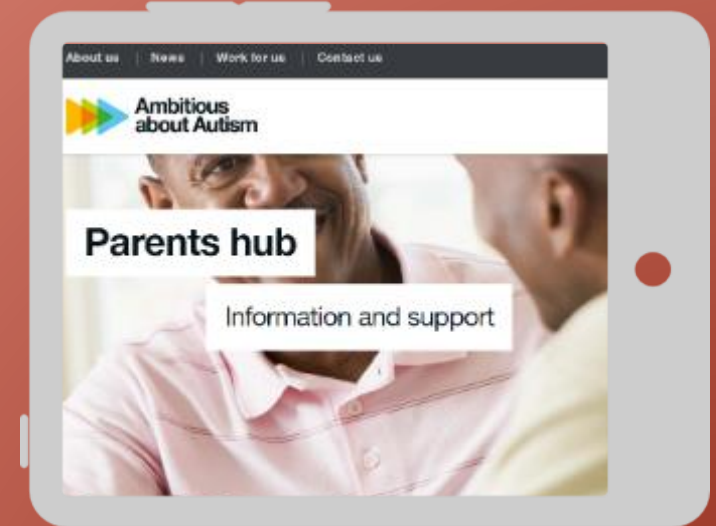
Your Autism Toolbox

<https://yourautismtoolbox.com/>



Autism Little Learners

<https://www.autismlittlelearners.com/>

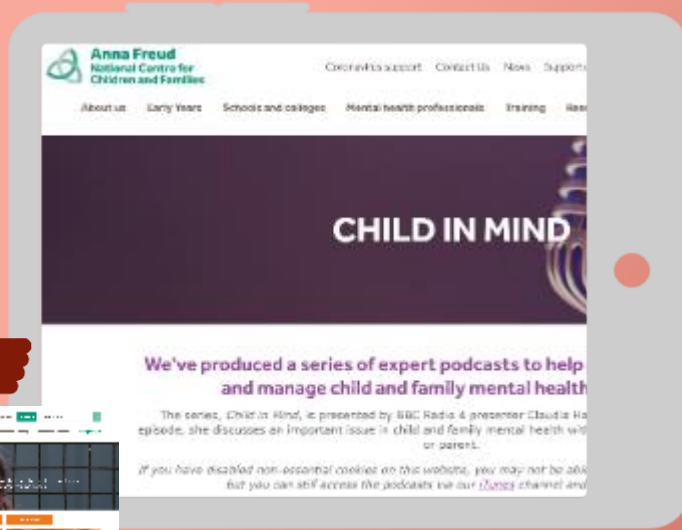


Ambitious about Autism

<https://familylives.org.uk/advice/divorce-and-separation/shared-parenting-and-contact/what-is-shared-parenting/>

General Parenting & Child Mental Health

Click the pictures to explore the web pages



Anna Freud

<https://www.annafreud.org/parents-and-carers/child-in-mind/>



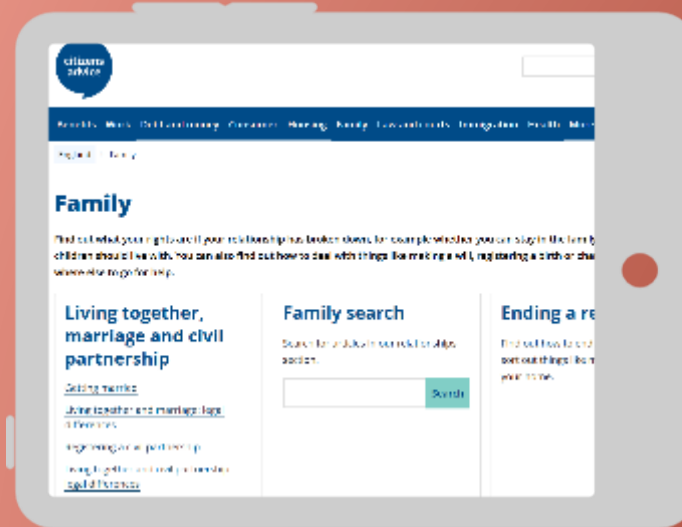
Family Lives

<https://www.familylives.org.uk/>



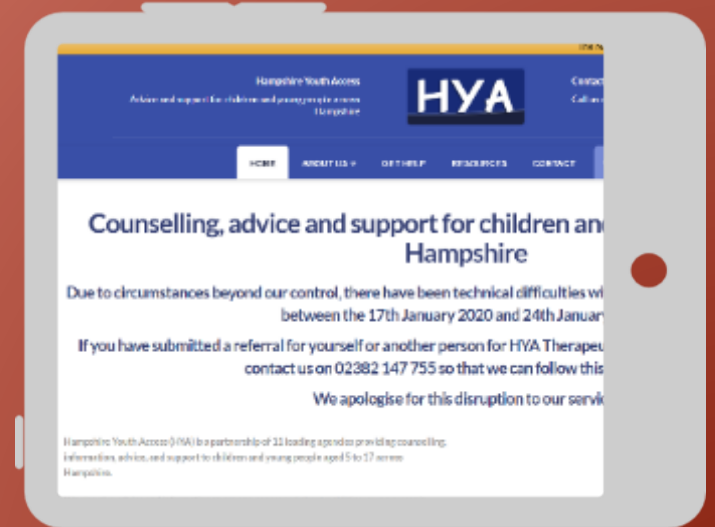
Action for Children

<https://www.actionforchildren.org.uk/in-your-area/services/online-parenting-support-for-0-5-year-olds/>



Citizen's Advice

<https://www.citizensadvice.org.uk/family/>



Hampshire Youth Access

<https://hampshireyouthaccess.org.uk/>

Click the pictures to explore the web pages



Resources



Carol Gray Social Stories
<https://carolgraysocialstories.com/carols-club/?fbclid=IwAR3tLoio6cs0vBgaF6643UJINikPQymw996piaAnOepSfzgaJWhuFOJ2ORX8>



Mind Moose
<https://www.mindmoose.co.uk/parents/>

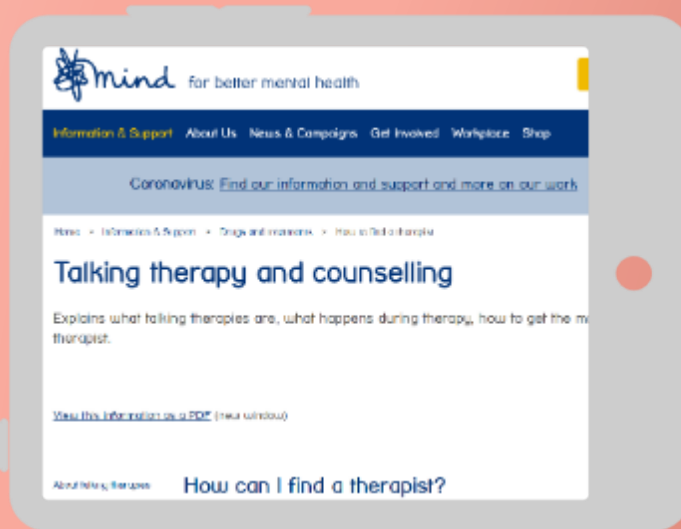


Weekly email list with free resources

Big Life Journal
<https://biglifejournal-uk.co.uk/>

Keeping Well as a Parent

Click the
pictures to
explore the
web pages



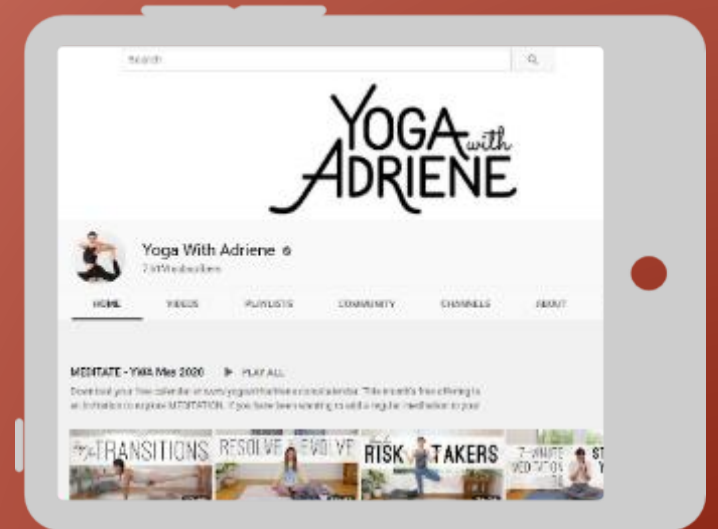
Mind

<https://www.mind.org.uk/information-support/drugs-and-treatments/talking-therapy-and-counselling/how-to-find-a-therapist/>



Mindful

<https://www.mindful.org/meditation/mindfulness-getting-started/>



Yoga with Adriene

<https://www.youtube.com/user/yogawithadriene>

Single Parents



Gingerbread

<https://www.gingerbread.org.uk/>



SingleParents.org.uk

<http://www.singleparents.org.uk/>



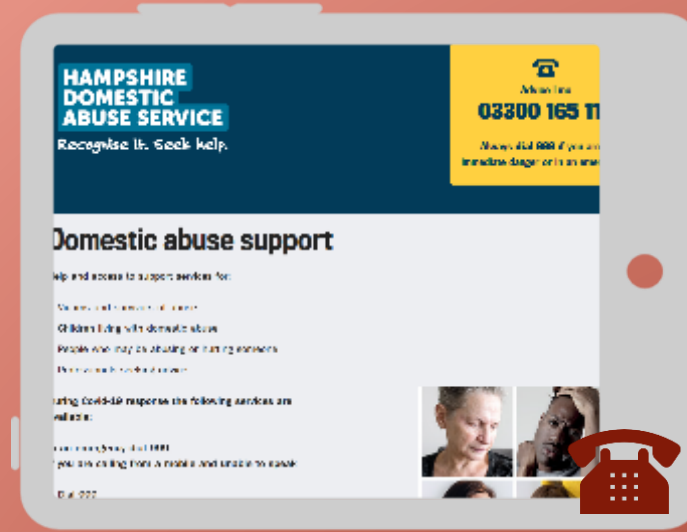
Click the pictures to explore the web pages

Families Affected by Criminal Behaviour or Domestic Abuse

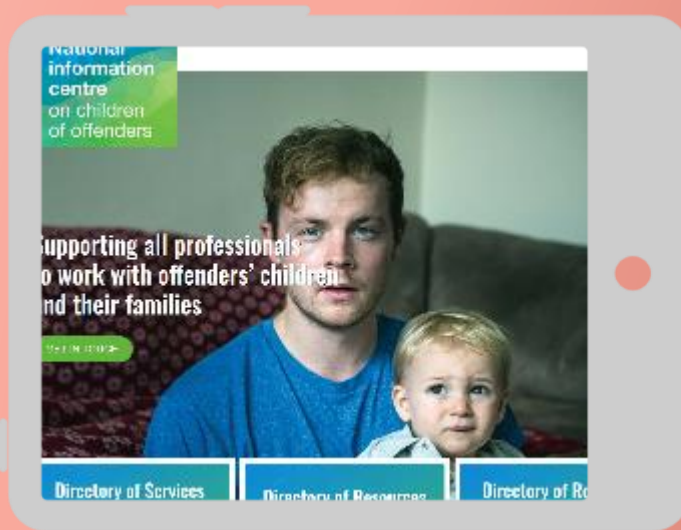
Click the pictures to explore the web pages



The You Trust
<https://theyoutrust.org.uk/>



Hampshire Domestic Abuse Services
<https://www.hants.gov.uk/social-careandhealth/domesticabuse>

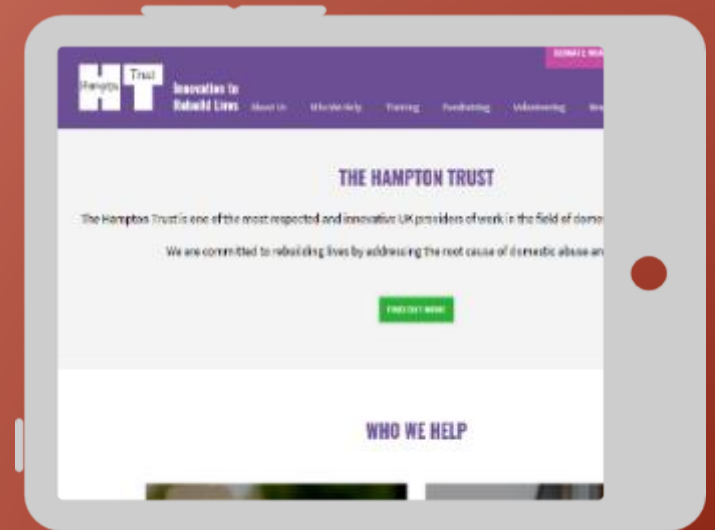


NICCO
<https://www.nicco.org.uk/>



The Freedom Programme
<https://www.freedomprogramme.co.uk/>

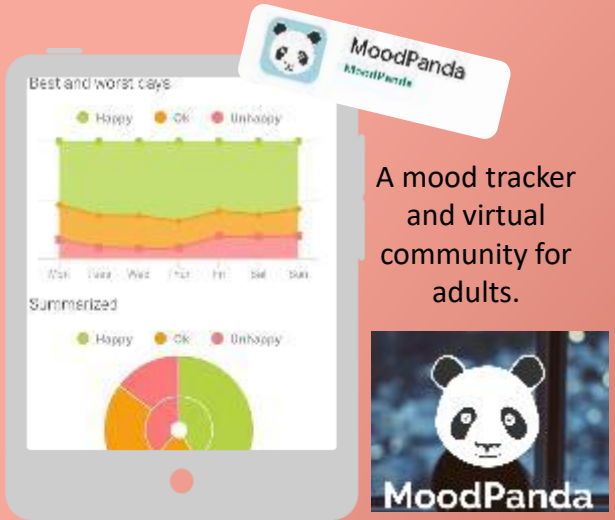
Offers an online course that can be done from your own home for both victims and perpetrators of domestic abuse.



The Hampton Trust
<https://www.hamptontrust.org.uk/>

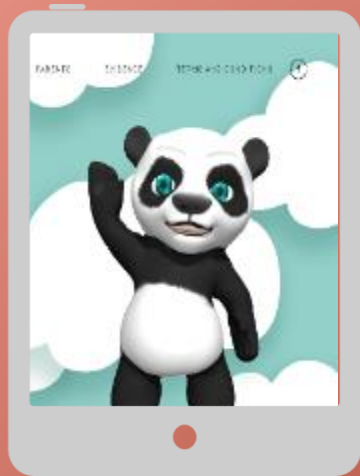
Apps for Parents & Families

Search the name in your app store to find the app



Mood Panda

A mood tracker and virtual community for adults.

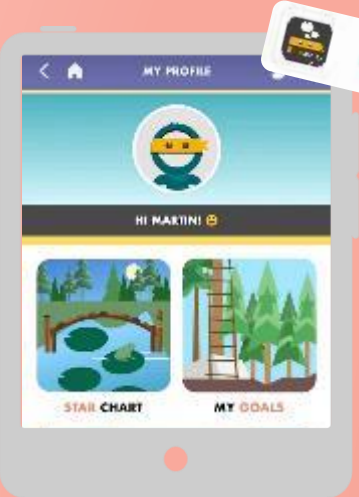


Chill Panda

Available on Apple devices or Nintendo Switch.

Play your way to a calmer day!

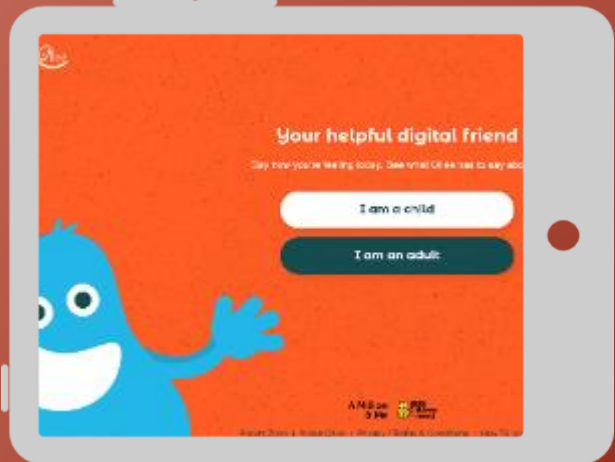
Uses heart rate and calming activities to promote wellbeing in children.



An app designed for 10-18 year olds that is based on CBT principles and also provide a mood tracker and top tips.



A science-based approach to improving happiness and wellbeing for adults.



Ollee

Currently only a web app Ollee is a 'digital friend' to help children reflect on how they feel.

Other Apps for family organisation and co-parenting:

