

Surrey Heath Mental Health Support Team



- Urgent support
- Advice, information and resources
- Mental Health services in Surrey



- Confidential helpline
- Online chat, forums and email support
- Advice about children of all ages



- 24/7 text support
- Advice and resources for parents



fighting for young people's mental health



- Parent Helpline for advice, emotional support and signposting
- Parents A-Z guide to support



- Positive parenting guide
- Parenting tips for all stages of your child's life, as well as advice on how to deal with difficult situations.



- Advice about supporting your child's mental health

ORCHA

<https://sabp.orchan.co.uk/>

Support your child in searching for quality reviewed apps to support their mental health.



Apps are Rated on:

1. How your data is collected and stored
2. Whether it has been created by suitably qualified professionals and has an evidence base to support its claimed benefits
3. How accessible and easy to use the app is

Recommended Books

Helpful books to support your child with low mood, anxiety and how to manage challenging behaviour

