

Parents' mental health support

A variety of organisations in the UK offer tailored resources and support for parents and carers, ensuring they don't have to face the challenges of navigating parenthood alone. Here are just some of the organisations dedicated to helping parents prioritise their own wellbeing while balancing the demands of family life.



Provides peer support, resources, and advocacy to parents and carers supporting children with mental health challenges.

info@parentingmentalhealth.com
parentingmentalhealth.org



Offers advice and support for parents concerned about their child's mental health via a helpline, online chat and resources.

Parents Helpline: **0808 802 5544**

youngminds.org.uk



Provides support and training for parents of children affected by eating disorders.

0808 801 0677

help@beateatingdisorders.org.uk
beateatingdisorders.org.uk



Offers support and information on all aspects of family life, including parenting challenges and mental health support.

0808 800 2222

familylives.org.uk



Provides counseling for couples and families to support mental wellbeing, communication, and family dynamics.

0300 100 1234

relate.org.uk

PARENTS' MENTAL HEALTH SUPPORT



Provides practical, emotional, and financial support for families, including mental health services and parental support programs.

[Webchat available](#)

familyline@family-action.org.uk
family-action.org.uk



Supports parents and families with children's mental health resources, parenting advice, and access to local services.

[0300 123 2112](tel:03001232112)

actionforchildren.org.uk



Supports parents and caregivers with mental health resources, including helplines and access to local services.

Infoline: [0300 123 3393](tel:03001233393)
Support line: [0300 102 1234](tel:03001021234)

mind.org.uk



UK-wide mental health database connecting people with local mental health services. Simply enter your postcode to understand what support is local to you.

hubofhope.co.uk