***Mental Health Resources for Parents:***

* **Book an appointment with your Doctor, they can help diagnosis an illness, prescribe medication if suitable and refer you to the right local mental health service.**
* **Parental Minds** [**https://www.parentalminds.org.uk/**](https://www.parentalminds.org.uk/)

 **There are information resources on the website at the end of the home page**

**Support Link for the following:** [**https://www.parentalminds.org.uk/links/**](https://www.parentalminds.org.uk/links/)

* **Peer Support through a Facebook group**
* **Talkworks (talk therapy service)**
* **Devon Information Advice and Support (DIAS)**
* **MIND Services:**

[**https://www.mind.org.uk/information-support/drugs-and-treatments/peer-support/useful-contacts/**](https://www.mind.org.uk/information-support/drugs-and-treatments/peer-support/useful-contacts/)

* **Mind’s Helplines: Provide information and support by phone and email.**
* **Local Mind’s: Offer face-to-face services across England and Wales. These services include talking therapies, peer support and advocacy.**
* **Side by Side: This is the supportive online community for anyone experiencing a mental health problem.**