



## Badbury Park Mental Health Strategy working with Families





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### Website to signpost families to

Swindon Local Offer <https://localoffer.swindon.gov.uk/home>

Barnardo's <https://www.barnardos.org.uk/what-we-do/services/swindon-trailblazer>

### **Mental Health and Wellbeing**

Looking after your Mental Health

<https://www.mentalhealth.org.uk/explore-mental-health/looking-after-your-mental-health>

Swindon health and wellbeing [https://www.swindon.gov.uk/info/20024/health\\_and\\_wellbeing](https://www.swindon.gov.uk/info/20024/health_and_wellbeing)

Samaritans <https://www.samaritans.org/>

Lift Psychology FREE courses including: Stress and mood management, beating low self esteem, moving on from separation and divorce, opening doors to work, managing sleep difficulties, post-natal anxiety and depression, managing diabetes, managing your weight, changing your lifestyle and many more <https://iapt.awp.nhs.uk/>

Swindon Mind <https://www.sgmind.org.uk/>

**Sane Support** This is a support forum online with lots of advice where to get help if you are struggling with a mental health issue including depression and self harm, and also has access to immediate emotional support.

<https://www.sane.org.uk/how-we-help/sane-community/support-forum>



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Anxiety UK <https://www.anxietyuk.org.uk/>

### **Parenting support**

<https://parentingsmart.place2be.org.uk/>

Single parents parent support <https://www.gingerbread.org.uk/>

Parent Carers <https://www.swindoncarers.org.uk/parent-carers/>

### **Financial Concerns**

Talking money advice support and information <https://www.talkingmoney.org.uk/>