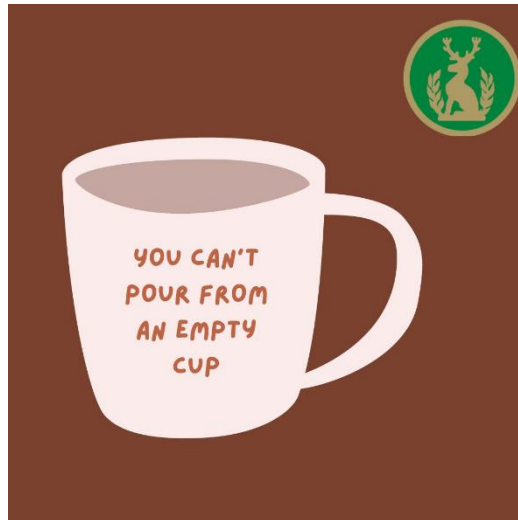


## Guidance for Parents Own Wellbeing

At Hardenhuish we understand that families can experience difficulties in life for many reasons. As parents we need to try and look after our own wellbeing too, so we are in the best place to support our children.



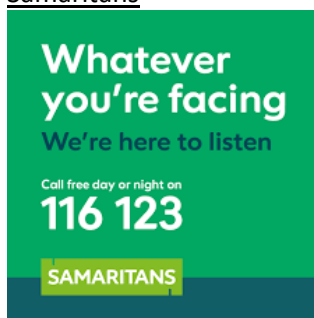
We value every member of our school community: pupils, staff and parents. Please find below an interesting article about the importance of self-care for parents...

[Six self-care tips for parents - BBC Bitesize](#)

Please see below for a number of organisations and agencies who may be able to help you if you are struggling:

### Wellbeing

#### Samaritans



[Contact Us | Samaritans](#)

#### Mind



[Home - Mind](#)

[Every Mind Matters](#)



[Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Anna Freud](#)



[Self-care for parents and carers | Anna Freud](#)

**Legal Advice**

[Citizens Advice](#)



[citizensadvicewiltshire.org.uk](http://citizensadvicewiltshire.org.uk)

**Bereavement**

[Cruse Bereavement Support](#)

# Cruse

## Bereavement Support

[Home - Cruse Bereavement Support](#)

**Drugs and Alcohol**

Frank

# FRANK

0800 77 66 00 [talktofrank.com](http://talktofrank.com)

Friendly, confidential drugs advice

[Honest information about drugs | FRANK \(\[talktofrank.com\]\(http://talktofrank.com\)\)](#)

Alcoholics Anonymous



[Find a Meeting | Alcoholics Anonymous - Great Britain \(\[alcoholics-anonymous.org.uk\]\(http://alcoholics-anonymous.org.uk\)\)](#)

**Eating Disorders**

BEAT



[Helplines - Beat \(beateatingdisorders.org.uk\)](https://www.beateatingdisorders.org.uk)

**Caring for Family or Friends**

Carers UK



[UK | Carers UK](#)

**Housing and Finances**

Shelter



[Home - Shelter England](#)

Stepchange



[StepChange Debt Charity - Free Expert Debt Advice.](#)

**Pregnancy and Miscarriage**

National Childbirth Trust



[The UK's leading charity for parents | NCT](#)

Miscarriage Association



[The Miscarriage Association: Pregnancy Loss Information & Support](#)

**Relationships**

Relate

relate  
the relationship people

[Home | Relate](#)

Refuge



[Home - Refuge](#)

[Mens Advice Line](#)

A purple rectangular banner with white and yellow text. At the top left, it says 'Respect' in white, with 'Men's advice line' in smaller white text below it. To the right, it displays the phone number '0808 8010327' and the website 'www.mensadvice.org.uk'. The main text in the center is 'Domestic abuse affects men too' in yellow, and 'Talk it Over' is written below it in white.

**Respect**  
Men's advice line

**0808 8010327**  
www.mensadvice.org.uk

**Domestic abuse  
affects men too**

**Talk it Over**

[Domestic Abuse Helpline for Men | Men's Advice Line UK \(mensadvice.org.uk\)](#)

**Single Parents**

[Gingerbread](#)

**Gingerbread**  
Single parents, equal families

[Talk to us | Gingerbread](#)