

RYTON FEDERATION: Links for parents

Children's North East

0191 256 2444

enquiries@children-ne.org.uk

<https://children-ne.org.uk/>

<https://children-ne.org.uk/how-we-can-help/help-for-families/>



RISE Team

RISEnortheast@childrenssociety.org.uk

<https://rise.childrenssociety.org.uk/#:~:text=RISE%20works%20in%20schools%20and,emotional%20wellbeing%20and%20mental%20health.>

<https://rise.childrenssociety.org.uk/wellbeing-resources>



MindEd

Parental advice and support with free resources for parents.

<https://mindedforfamilies.org.uk/>



Other useful sites and services:

<https://www.kooth.com/>

<https://www.elsa-support.co.uk/wp-content/uploads/A-TO-Z-OF-CALMING-TECHNIQUES.pdf>

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

<https://www.annafreud.org/parents-and-carers/>

<https://youngminds.org.uk/>

<https://www.cntw.nhs.uk/services/children-young-peoples-service-newcastle-gateshead/>