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Helping parents



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A feeling of worry, nervousness, or unease about something with an uncertain outcome'

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You may find that they have encountered a similar problem and can talk you through it. It may be that just having someone listen to you and showing they care, can help in itself.

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07552 877219

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

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

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[dontlosehope.co.uk](http://dontlosehope.co.uk)

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[www.lincolnshire.gov.uk/ewb](http://www.lincolnshire.gov.uk/ewb)

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[kooth.com](http://kooth.com)

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

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Parents Helpline – 0808 802 5544

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