



PARENT WELLBEING SERVICE

Our partnership is made up of 12 different charities and organisations working across Surrey. All coming together to support children, young people, and their families to thrive.



Our Service

The Parent Wellbeing service supports parents/carers and their families to thrive and gives young people and their parent/carers a central voice in decisions about their care and recovery.

Young people and their parents/carers will have greater choice about their options and more opportunities to access a range of services in a variety of different ways.



Parent Wellbeing Service

The Parent Wellbeing Service offers support to parents or carers whose children are experiencing poor mental health and wellbeing such as anxiety, depression, stress, self-harm and eating disorders.

The service will enable parents and carers to be a protective factor for their child/young person in their wellbeing recovery. Increasing their confidence to support their child/young person.

Practitioners will meet with parent/carers to help them identify their goals and how they can achieve positive change for them and their family. This could be through:

- Meeting with a practitioner for 1:1 support
- Attending local groups
- Getting advice, guidance, and information
- Accessing phone or online support
- Finding other support in the local community
- Befriending other parents/carers going through similar difficulties

Support

Parent/Carers may feel it would be useful to meet with a member of the Parent Wellbeing Service for 1:1 support or via small groups.

The service will support parent/carers in deciding whether this will be useful and how many sessions they will need.

Practitioners use an outcomes-based approach to help parent/carers understand their family strengths and how they can use them to achieve their goals.



Practitioners will meet with parent/carers where they feel comfortable. That could be at home, online or out in the local community.

The Parent Wellbeing Service works within the i-THRIVE framework (Getting help and advice)

The Service covers the whole of Surrey.



Referral Process

The Parent Wellbeing service works closely with the Community Wellbeing Team and referrals can be made via this team or through:

- 🌈 Mindworks Surrey Access and Advice service (formally CAMHS Single point of access)
- 🌈 Professionals working with the family such as education, GP, social care
- 🌈 Parents or Carers themselves



How to contact us

Parent Wellbeing Service

✉️ PWS@barnardos.org.uk

Surrey Wellbeing Hub

107A, 107B Regus

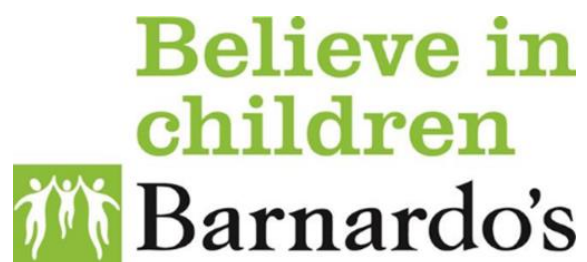
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Proud to be part of



The children and young people's emotional wellbeing and mental health service