

## Surrey Mental Health Support Teams



- **Out-of-hours advice line for parents and carers struggling with neurodevelopmental need, such as autism or ADHD. Open 5pm until 11pm, 365 days a year. Please call 0300 222 5755.**
- **Advice, information and resources**
- **Mental Health services in Surrey**



### Barnardo's Positive Parenting Programme

**Barnardo's Positive Parenting Programme offers support to parents and carers of children aged 6 to 18 who have an ADHD diagnosis or are in the process of being diagnosed.**



- **Parent Helpline for advice, emotional support and signposting**
- **A guide for parents on supporting your child with ADHD**



- **Resources for children and teenagers to help them understand and manage ADHD**
- **Advice and guidance on helping your child manage problems and difficulties**



### Recommended Books

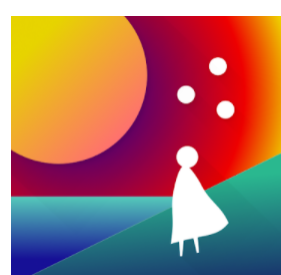
**Helpful books to support you to understand ADHD and learn strategies to support your child.**



**Headspace is an everyday Mindfulness and Meditation app for Stress, Anxiety, Sleep, Focus, Fitness, and More.**



**Smiling Mind is a mindfulness meditation app that helps bring balance to your life. It also has dedicated sleep programs for Adults, Kids & Teens.**



**Fabulous is a daily planner and self-care habit tracking app. It works like a "coach" and uses behavioural science to help people make smart changes and build healthy habits.**

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### 1-2-3 MAGIC

The New 3-Step Discipline for Calm, Effective, and Happy Parenting

Revised 6th Edition  
THOMAS W. PHELAN, PHD  
NATIONAL PARENTING PUBLICATIONS AWARDS GOLD WINNER

