**At this difficult time of Covid-19 it’s as important as ever for parents, carers and children to feel supported. With some adults being unable to work, children at home, feelings of worry and stress about what is going on, and being out of routine, our relationships will probably suffer.**

**There is different support for different relationships available online and over the phone, some of which are listed below.**

**Reducing Parental conflict**

Reducing parental conflict video

<https://www.quirkymotion.com/films/building-relationships-stronger-families>

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| |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | https://gallery.mailchimp.com/083c56b7c2f9a76f06150248d/images/d7237132-f023-48d4-a81a-9d239c0e5283.jpg | | |   **Reducing Parental Conflict** |   Evidence based programmes are being delivered virtually by Home Start on either a one to one or group basis to parents and carers (together or separated). These programmes support communication. They are not for those at risk of Domestic Abuse. A smartphone is needed as a minimum. |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Referrals can now be completed by telephone** | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | No signatures are required, just verbal consent. Each session with be delivered by a trained facilitator using all course materials provided in a face-to-face programme. | | |   [**http://www.dorsetnexus.org.uk**](http://www.dorsetnexus.org.uk)   |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **When can Happy Families, Happy Futures help?** | | |   <https://mcusercontent.com/083c56b7c2f9a76f06150248d/files/fe8bacd3-c8ce-474c-a393-e7bfafa1ccb1/Happy_Families_concertina_fridge_leaflet_V4_002_.01.pdf>   |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | | | | |

**Other online relationship support/resources**

Advice on how to handle arguments

<https://www.relate.org.uk/relationship-help/help-relationships/arguing-and-conflict/i-cant-seem-stop-arguing-my-partner-what-can-we-do>

Maintaining your relationship

<https://www.familylives.org.uk/about/our-services/>

Relationships matter

[ClickRelationships.org](http://www.clickrelationships.org/)

Facebook: [ClickRelationshipsUK](https://www.facebook.com/ClickRelationshipsUK/)

 Action for Children’s free parenting service

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

The service texts tips/advice on how to handle and take care of relationships, working towards strengthening, and building positive habits.

**Counselling**

Some counselling services can continue to provide helpline support. For example, Supportline provide a confidential telephone helpline and email counselling service. Particularly to those at risk of abuse or are isolated: [www.supportline.org.uk](http://www.supportline.org.uk)

**Domestic Abuse and Sexual Violence**

**If an emergency call 999**

**Silent solutions -** If you are at risk and unable to talk call 999 and press 55 when answered. The operator will then transfer the call to the relevant police force as an emergency.

A Domestic Violence Protection Order (DVPO) can remove someone causing you harm from the house and from making contact for up to 28 days. An Occupation Order removes an abusers’ rights to reside in the family home. Find out more information from Rights of Women: [www.rightsofwomen.org.uk/get-advice/family-la](http://www.rightsofwomen.org.uk/get-advice/family-la)

Safety planning and refuge

If possible pack an emergency bag for you (and your children) and keep it somewhere safe. Try to include essential things such as medication, identification – Passport, money/bank cards. Essential clothing for you and your children.

Due to self- isolation staying with family and friends might not be an option. You might be finding it harder to secure a refuge. The Local Authority has a responsibility to give you information about your housing rights.

Shelter provide free confidential housing information, support and legal advice on all housing and homelessness issues. They also have an emergency helpline: [www.england.shelter.org.uk](http://www.england.shelter.org.uk)

**Torbay Domestic Abuse Website:**

### <http://www.areyouok.co.uk>

**National Domestic Abuse Service**

<www.nationaldahelpline.org.uk>

Call 0808 2000 247

### Women's Aid

[www.womensaid.org.uk](http://www.womensaid.org.uk/)

Call 0808 2000 24

### Men's Advice Line

[www.mensadviceline.org.uk](http://www.mensadviceline.org.uk/)

Call 0808 801 0327

**Victim Support**

[www.victimsupport.org.uk](http://www.victimsupport.org.uk/)

Call 0808 168 9111

### NSPCC

[www.nspcc.org.uk](https://www.nspcc.org.uk/)

Call 0808 800 5000

**Survivor’s forum**

<https://www.womensaid.org.uk/the-survivors-handbook/>

**Emotional health and wellbeing**

Looking after your mental health whilst self-isolating

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating>

Coping with stress and anxiety during COVID-19

<http://www.safehandsthinkingminds.co.uk/covid-anxiety-stress-resources-links/>

Information on children, young people, and those that are vulnerable during this time

<https://www.childrenssociety.org.uk/coronavirus-information-and-support>

Emotional health for all

<https://www.familylinks.org.uk>

**Parents/carers supporting children**

How to have difficult conversations with children

<https://learning.nspcc.org.uk/safeguarding-child-protection/how-to-have-difficult-conversations-with-children>

For those co-parenting and with child arrangement agreements in place

<https://nuffieldfjo.us19.list-manage.com/track/click?u=71b5bae9a30ba6cf0a8f23373&id=681fccf10f&e=d0692af4a0>

[Social distancing and self-isolation advice](https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/) from Young Minds (for young people and parents of teenagers)

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating>

[Guidance on vulnerable children and young people](https://nuffieldfjo.us19.list-manage.com/track/click?u=71b5bae9a30ba6cf0a8f23373&id=50fb7b77df&e=d0692af4a0)

<https://nuffieldfjo.us19.list-manage.com/track/click?u=71b5bae9a30ba6cf0a8f23373&id=50fb7b77df&e=d0692af4a0>

**Free online courses for parents:**

[Me, You and Baby Too](https://click.clickrelationships.org/content/all-issues/me-you-and-baby-too/)

For expectant or new parents (but is helpful for those with older children) especially during Covid-19. We know that having a baby is one of the biggest life changes - We will be tired and stressed, and we may argue more.

The videos help us learn to argue better so that we can sort things out and move on together.

https://click.clickrelationships.org/content/all-issues/me-you-and-baby-too/

It can also be accessed through [baby buddy](https://www.bestbeginnings.org.uk/baby-buddy) app see ‘You and your partner’.

[](https://www.bestbeginnings.org.uk/baby-buddy)

[Free online parenting course](https://urldefense.proofpoint.com/v2/url?u=http-3A__familylinks.ctml2.com_familylinkslz_lz.aspx-3Fp1-3DMODDU3NTg0UzU1OkFGNDM1MTE4MjdFMTIwNDU4ODcxQTY4RkNCOTY5NjY2-2D-26CC-3D-26w-3D5541&d=DwMFaQ&c=1vnCWTgU_iH2bgveKnHUZ8hJXVq2EkkiN8FwZDwwznM&r=XLBzK0aDd99vhprM8u3dIrO7t7mhJ4nzCj_iUA9N0XE&m=cS4nlTZ1kUeB48HVZQrxKMBssZqxF1HZrZukPRv44Sg&s=BPTDZhn2dbb_H_HLWKDhXBSepv2Q05RMajWKaz363vY&e=) from UK Charity Family Links and hosted by Netmums.

<https://www.netmums.com/support/netmums-parenting-course>

This is an eight-session email course that guides you through different parenting topics and situations, helping you become a more confident parent. This should really be called a relationship course as many of the tips and skills can be applied to all relationships.