

# BIRMINGHAM EDUCATIONAL PSYCHOLOGY SERVICE HELPLINE FOR PARENTS AND CARERS



**As a parent or carer at home with your children during the school shut down, do you feel that you need someone to talk to about how you can cope with this challenging time for families?**

Birmingham Educational Psychology Service is providing a telephone helpline for parents or carers who feel would benefit from a consultation with a psychologist to support with any concerns.

Areas of concern you may wish to discuss could include:

- Anxiety around the current situation and its impact on your child and family
- Supporting you to support your child's emotional needs
- Concerns about family relationships
- Concerns about friendships, learning, daily structure and activities
- How to best look after yourself so you can support your child

The concerns can be related to school or family life.

You will be offered an initial telephone consultation of 30 minutes with a psychologist and a potential follow-up 30-minute consultation at a later date.

If you would like to access this service please email [epsparenthelplinenorth@birmingham.gov.uk](mailto:epsparenthelplinenorth@birmingham.gov.uk) with the following information:

- Your name
- The telephone number you would like to be contacted on
- The name of your child's school
- Times and dates you are not available for a consultation
- Whether an interpreter is required for you to access this service

We will aim to get back to you as soon as possible to confirm a time and date for your consultation.

*"We can do this if we all work together as a family"*

Birmingham SEND Youth Forum

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