





Support for Parents

-  **Does your child have additional needs?**
-  **Are you concerned about your child's development?**
-  **Is your child struggling with their mental health?**
-  **Does your child display behaviours that challenge?**



Finding help and advice can be confusing and overwhelming.
At Carers' Resource, we provide emotional and practical
support to parent carers.
We listen and understand.
We can help you find the information you need.
We are here for a friendly chat and to help you navigate your
parent carer journey.
See overleaf for all our contact details.

What other parents have to say:

“All parents need help at some point.”

“No question is a stupid one!”

“It’s ok to have a bad day.”



Website: www.carersresource.org

Facebook: www.facebook.com/carersresource

Twitter: [@carersresource](https://twitter.com/carersresource)

We support parent carers across the Bradford, Harrogate, Craven and Selby districts. You are entitled to support, so just pick up the phone or send us a message. Your child does not need a diagnosis for you to receive support. Please don't hesitate to get in touch.

Bradford:
01274 449660

Harrogate & Selby:
01423 500555

Craven:
01756 700888