



COMPLAINTS AND COMMENTS

If you are worried, upset or concerned about anything that may arise as a result of your involvement with us, or if you want to complain about something that has happened, please contact us to try to sort it out. If you wish to make a formal complaint please see our Complaints Policy, you will find this on www.centre33.org.uk

Also we would always love to hear about any compliments or positive comments you have. You can email hello@centre33.org.uk

RESOURCES FOR PARENTS

If your child is a young carer, you are worried about them, and would like some advice or information from the young carer team, please contact us.

There are also some really useful resources online to help parents support their children and young people's wellbeing:

Young Minds:

- [Parents Helpline can provide advice and support if you're worried about a child or young person.](#)
- [Parents Helpline and Webchat.](#)
- [Parents' A-Z mental health guide.](#)
- [Getting help for your child.](#)

Sibs:

- [Supporting your sibling child.](#)
- [Talking to your sibling child about disability.](#)
- [Supporting your sibling child with their feelings.](#)

NHS:

- [Top tips to support children and young people.](#)
- [Signs something is wrong.](#)
- [Looking after your own mental health.](#)
- [Get support.](#)

SUPPORT FOR ADULT CARERS

Making Space

Making Space provide support to adult carers aged 18+ who care for a family member or friend with a mental health condition.

Caring Together

Caring Together provide a range of support to carers of all ages, including information and signposting, someone you can talk to and emotional support, and opportunities to have breaks away from your caring role.

YOUNG CARERS

Please email the project youngcarers@centre33.org.uk or support young carers (with their consent) to complete the referral form [here](#):

www.centre33.org.uk/help/caring

CONTACT US:

Tel: 0533 4141809
Email: hello@centre33.org.uk
WhatsApp: 07514 783745
...or come to a [drop-in](#)

Please follow us on our social media channels @centre33camb



Parents are very welcome to use these contact details to find out more about what we do and how we can help