

RESOURCES

I did some further research on links and organisations on where you can get support for your mental health and wellbeing. Again I am not a therapist just a friend helping out a friend.

www.mentalhealth.org.uk

www.mind.org.uk

www.rethink.org

www.anxietyuk.org.uk

www.thecalmzone.net

www.themix.org.uk

www.sane.org.uk

www.coachingwithleticia.com



INFO 4 DADS



Fathers4Justice
 We Are Fathers4Justice, The Official Campaign Organisation founded by Matt O'Connor. Campaigning for equal parenting rights since 2001.
 We Are Fathers4Justice - The Official Campaign Organisation

www.thisdadcan.co.uk
 Click here to visit the page.

End Parental Alienation: Support Fathers' Rights

End Parental Alienation and Support Fathers' Rights. Help fathers in need of therapy & legal assistance while bringing an end to Parental Alienation.

[supportfathersrights.org /](http://supportfathersrights.org/)



Dads Unlimited Home

Supporting the emotional safety of men and those they care about Family Separation Support and Male-Victim Domestic Abuse Support About Us Family...

[Dads Unlimited /](#)

Home

Empowering Families: Children thrive when they maintain positive relationships with both parents, even after separation or divorce.

[Both Parents Matter /](#)



Home
 We are Gingerbread, the charity for single parent families. We provide expert advice and practical support for single mums and dads in England and Wales.
 Gingerbread



Home-Start UK
 Home-Start is a local community network of trained volunteers and expert support helping families with young children through their challenging times. We are there for parents when they need us the mos...
 Home-Start UK

www.coachingwithleticia.com

