**Parent to Parent- Angus Dundee and Perth –**

[**Admin@parent-to-parent.org**](mailto:Admin@parent-to-parent.org)[**www.parent-to-parent.org**](http://www.parent-to-parent.org)

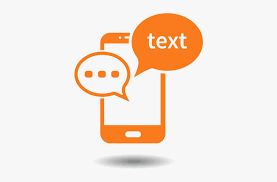
**Covid-19 Support During Lockdown**

Signposting [](https://www.google.co.uk/url?sa=i&url=https://www.pinclipart.com/maxpin/ibTTRb/&psig=AOvVaw0_RTMh0RImiAKrfCYlu9GY&ust=1588945669812000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCLCSj4jyoekCFQAAAAAdAAAAABAO)

Your support worker can signpost you to other services where specific needs or enquiries can be met.

Text Messages

If receiving support via text is Enough for you, your support worker will send you a regular check in text and reply to texts you send them.

[](https://www.google.co.uk/url?sa=i&url=https://www.pngitem.com/middle/hwbJRbb_text-message-marketing-chicago-lava-flare-text-alert/&psig=AOvVaw2_6IC2LvR6OK5vSO3nKV01&ust=1588945565829000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCIib5NXxoekCFQAAAAAdAAAAABAP)



Parent to Parent Emergency Support Fund

GOFUNDME PAGE

To support families in crisis

Facebook Page [](https://www.google.co.uk/url?sa=i&url=http://clipartbarn.com/facebook-clipart_25445/&psig=AOvVaw0o6cXFJ5cg834oycHcaUCW&ust=1588946178333000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCKj-5_7zoekCFQAAAAAdAAAAABAJ)

We have our Facebook page which we will regularly post useful links on that we think may be helpful or an interactive read.



[](https://www.google.co.uk/url?sa=i&url=https://www.concise.ng/tag/whatsapp/page/3/&psig=AOvVaw2z2FSsM5jYaxm-3CkIL-sW&ust=1588945954840000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCPCNrpDzoekCFQAAAAAdAAAAABAO)[](https://www.google.co.uk/url?sa=i&url=https://www.clipart.email/clipart/whatsapp-clipart-logo-205343.html&psig=AOvVaw2wCEXPAnVS0sd3rhEQ6xMr&ust=1588945824309000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCOjYxdLyoekCFQAAAAAdAAAAABAD)

WhatsApp Groups

We have individual WhatsApp groups for each of our regular peer support groups and drop-ins. If you would like to be added to one of these groups contact your support worker

Ask A Question Anytime[](https://www.google.co.uk/url?sa=i&url=http://clipart-library.com/free-cliparts-question.html&psig=AOvVaw26qg2pBguaXkt-fK4RM4Kh&ust=1588946278589000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCKir1an0oekCFQAAAAAdAAAAABAD)

We are here for you in as many ways as we can be while lockdown is in place.

You can contact your support worker about parenting support, behaviour strategies, sleep and eating hints & tips or even if you need a listening ear!

Telephone Calls & video Chats [](https://www.google.co.uk/url?sa=i&url=https://www.netclipart.com/isee/xmwwTJ_freeuse-download-telephone-clipart-please-call-mobile-calling/&psig=AOvVaw12QXa9X-A26vmq2rZ0eRmY&ust=1588946354023000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCLD3qs_0oekCFQAAAAAdAAAAABAD)

If you would like your support from your worker via telephone calls or Video chats then ask her. Arranged telephone appointments can be made .