

# Info, Apps, Websites and Helplines for Parents

## Relationships, including Child Sexual Exploitation:

<http://www.relationshipsomersetcounselling.co.uk/>

Relate trained counselling in Somerset for relationship difficulties, separation and divorce.

[https://www.cafcass.gov.uk/media/213038/10\\_questions.pdf](https://www.cafcass.gov.uk/media/213038/10_questions.pdf)

A really useful leaflet to explain how to support your child through divorce and separation.

[https://www.cafcass.gov.uk/media/195012/cafcass\\_older\\_family\\_changing\\_2014.pdf](https://www.cafcass.gov.uk/media/195012/cafcass_older_family_changing_2014.pdf)

A workbook for young people to help them understand the changes that happen during divorce and separation.

<http://www.2bu-somerset.co.uk/>

A website for support and advice for young people, parents/carers and professionals relating to being Lesbian, Gay, Bisexual or Transgender.

<http://www.somersetsurvivors.org.uk/somerset-integrated-domestic-abuse-service/>

SIDAS: Somerset integrated Domestic Abuse Service - **0800 69 49 999: Help and advice for anyone that believes they are in a controlling or violent relationship.**

<https://www.disrespectnobody.co.uk/>

A government website that looks at healthy relationships and consent.

<http://pauseplaystop.org.uk/>

A young person friendly website that looks at sexual consent and all the issues around it.

<http://www.sarsas.org.uk/>

SARSAS provides support to people in Bristol, South Gloucestershire, B&NES, North Somerset and Somerset, who have experienced rape or any kind of sexual assault or abuse at any time in their lives.

[http://www.barnardos.org.uk/spot\\_the\\_signs\\_parents.pdf](http://www.barnardos.org.uk/spot_the_signs_parents.pdf)

Leaflet for parents or carers, explaining child sexual exploitation, warning signs and how to support your child.