

# Does your child have problems sleeping?

Across Barnsley, we have a range of different services to support you and your family. Check out what's on offer for parents and carers with children aged 1-18 years.

Visit the Virtual Family Hub for sleep tips and advice



Visit the Sleep Charity website

[thesleepcharity.org.uk](http://thesleepcharity.org.uk)



Call the Barnsley Sleep Helpline 01226 704026  
Every Wednesday 12-4pm

If you're a student at Barnsley College, contact the pastoral and wellbeing team

Book onto a Sleep Success group programme through the Virtual Family Hub

Barnardo's Family Linx service (support for children with a diagnosis of autism or on the pathway to diagnosis)  
01226 770619

0-19 Public Health Nursing Team  
01226 774411



Call 0800 0345 340 to chat to our team about sleep support in Barnsley