# Understanding and Supporting Your Childs Emotional Wellbeing and Mental Health - general resources for parent/carers

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## Looking after a child or young person's mental health: Every Mind Matters

As parents and carers, there are ways we can support our children to give them the best chance to stay mentally healthy. Encouraging and guiding your child to think about their own mental health and wellbeing are vital skills you can teach them from an early age.

Find out how you can help your child to have good mental health, including knowing how to talk to your child about their mental health, and when to spot signs they might be struggling.

Plus get self-care tips for you, to help you look after your mental health while caring for others and find out how to get more support if you, your child or your family need it.

[Children's mental health - Every Mind Matters - NHS (www.nhs.uk)](https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/)

**MIND**

This information is for parents, carers, family members and guardians of a young person. You might be:

* Worried about a young person's mental health
* [Supporting a young person](https://www.mind.org.uk/for-young-people/information-for-parents/#SupportingAYoungPerson) who's living with a mental health problem or experiencing something difficult.
* Looking for ways to help yourself or find [support for yourself](https://www.mind.org.uk/for-young-people/information-for-parents/#LookingAfterYourself)

We know that supporting a young person can feel really worrying. You might be feeling overwhelmed, scared or unsure what you should do.

You're not alone – we're here to offer information to help you and the young person you're supporting.

[How to support 11-18 year olds with mental their health - Mind](https://www.mind.org.uk/for-young-people/information-for-parents/)

**Place2Be**

Parenting advice from our child mental health experts. Practical tips to support children’s wellbeing and behaviour.

[Place2Be: Parenting Smart: Articles](https://parentingsmart.place2be.org.uk/)

**Young Minds**

This information is for parents, carers, family members and guardians supporting a young person with their mental health and wellbeing. Offer tailored information, advice and support to parents and carers who are concerned about their child or young person’s mental health. You can speak to them over the phone, or chat online.

You can use their Helpline service if you are the parent or main carer of a child or young person aged 25 or under. It is available across the UK and is completely free.

They have lots of practical advice to help you support them – from encouraging them to open up, to navigating mental health services and finding them the right help. No matter what you’re going through, things can get better.

[Parents Mental Health Support | Advice for Your Child | YoungMinds](https://www.youngminds.org.uk/parent/)

If you're worried about your child or young person’s mental health or wellbeing, you can speak to them over the phone or chat to online.

The Helpline provides detailed information, advice and support to parents or main carers of children and young people aged 25 or under.

[Parents Helpline | Mental Health Help for Your Child | YoungMinds](https://www.youngminds.org.uk/parent/parents-helpline/)

Call the Parents Helpline for free on 0808 802 5544. They’re open Monday - Friday 9:30am - 4:00pm

Or if you prefer **Chat online.** Over chat, they can direct you to resources and services that might be able to help you. When you chat to them, you’ll be speaking one-to-one with a trained adviser.

They’re open Monday to Friday, from 9:30am to 4pm.

**Family Lives- Confidential helpline**

Family Lives offers a confidential and free\* helpline service for families in England and Wales (previously known as Parentline). Please call on **0808 800 2222** for emotional support, information, advice and guidance on any aspect of parenting and family life. They listen and give you the space to talk, helping you to explore your situation and identify the way forward.  Listening means that we let you, the caller, direct the conversation to wherever you want to go.

They do their best to provide you with as much helpful information and support and encouragement as we can, and then we hope that that puts you, as the expert on your own life, in an advantageous position to make whatever choices are best for you.

[**Parentline family support and bullying helpline | Family Lives**](https://www.familylives.org.uk/how-we-can-help/confidential-helpline)

**Helpline opening hours:** Monday to Friday 9am to 9pm.Weekends 10am to 3pm

**Contact a Samaritan**

If you need someone to talk to, they listen. They won't judge or tell you what to do.

**Call: 116123**

[Samaritans | Every life lost to suicide is a tragedy | Here to listen](https://www.samaritans.org/)

# Advice for parents and carers: talking mental health.

**A tip sheet for parents and carers sharing advice on talking about mental health with primary school children**.

This leaflet which was created alongside the Talking Mental Health Animation & Toolkit features an introduction from our Patron, Her Royal Highness The Princess of Wales who supported the You're never too young to talk mental health campaign stating the campaign's resources "demonstrate how we can help children express their feelings, respond appropriately, and prevent small problems from snowballing into bigger ones."

[Advice for parents and carers: talking mental health with children at primary school | Anna Freud](https://www.annafreud.org/resources/schools-and-colleges/advice-for-parents-and-carers-talking-mental-health-with-children-at-primary-school/)

**Advice for parents and carers: talking mental health with young people at secondary school.**

[Advice for parents and carers: talking mental health with young people at secondary school: Mentally Healthy Schools](https://mentallyhealthyschools.org.uk/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-secondary-school/)

**KOOTH**

**Kooth: A handy guide for parents and carers**

[**Parent\_and\_Carer\_Brochure\_CO2-2-1.pdf (southtynesidelifecyclementalhealth.nhs.uk)**](https://www.southtynesidelifecyclementalhealth.nhs.uk/wp-content/uploads/2022/03/Parent_and_Carer_Brochure_CO2-2-1.pdf)

**Can't Talk, Write toolkits.**

Downloadable workbooks full of activities to get young people writing as a way of expressing how they feel.

These toolkit resources were created by Action for Children in partnership with Royal Mail and The Prince’s Trust. There are two toolkits available - the first is for young people aged 11-18 years old; the second is for adults working with young people.

The toolkits focus on the benefit of writing as an effective means of directing and expressing feelings and emotions, to support mental health & wellbeing.

The toolkits are free to download and include creative resources for use with a range of age groups.

[Writing to improve mental health | Can't Talk, Write | Action For Children](https://www.actionforchildren.org.uk/our-work-and-impact/children-and-families/good-mental-health/writing-for-mental-health/)

# Specific Areas of Support

**Bereavement**

* ​​Cruse Bereavement Care: [National Support and helpline](https://www.cruse.org.uk/) and [Essex based teams](http://www.essexlocaloffer.org.uk/listing/cruse-bereavement-care-essex/)
* [CBeebies](https://www.bbc.co.uk/cbeebies/grownups/our-family-talking-about-death-with-your-little-one): Talking about death with your little ones.
* [Child Bereavement UK](https://www.childbereavementuk.org/): for families to have the support they need when rebuilding their lives, when a child grieves or when a child dies. [Video](https://www.youtube.com/watch?app=desktop&v=Aix0ted9NKk&mc_cid=90ff929946&mc_eid=c306408d2b).
* [Winston's Wish - giving hope to grieving children (winstonswish.org)](https://www.winstonswish.org/?gclid=CjwKCAjwo9unBhBTEiwAipC112osO0ZjY5fIiQFOzLiRI07WcHSXKf1D-RHh0UsQrNIkgBMfEGCkNhoCz7AQAvD_BwE) Winston's Wish charity supports bereaved children, young people, their families and the professionals who support them.

**Disordered Eating & Eating Disorders**

[Beat's Support Hub for Carers: POD](https://www.beateatingdisorders.org.uk/get-information-and-support/support-someone-else/pod-e-learning-platform/) (Peer support and Online Development) is Beat's online learning platform designed to provide anyone supporting someone with an eating disorder with a space to learn, share experiences and find community through online courses, workshops and forums. Through POD, you can access a wide range of interactive e-learning modules to learn more about the basics of eating disorders and useful tools to support your loved one in recovery. With POD, you can connect with others who have the same experiences and worries as you.

**Drugs: honest information about drugs**

Honest and useful advice for parents and guardians

You probably can’t stop your child from coming into some contact with drugs and alcohol, but by staying as informed as possible, you can help them make the right choices when they do.

[Advice for parents & carers | FRANK (talktofrank.com)](https://www.talktofrank.com/get-help/concerned-about-a-child)

**Self-harm**

Supporting someone who self-harms can be very difficult and challenging and it is important to recognise that. Knowing that someone you care about is in emotional distress can create many feelings including fear, anger, frustration, helplessness and sadness. The organisation Harmless aims to provide support, information, training and consultancy about self-harm to individuals who self-harm, their friends, families and professionals with a view to promoting health and recovery, reducing isolation and distress, and by increasing awareness and skill in intervention.

[Family & Friends - Harmless](https://harmless.org.uk/family-friends/)

[TEEN FLASH - Self-harm Advice & Information for Young People - Essex](https://www.teenflash.co.uk/)

**Suicidal Thoughts, Feelings & Actions**

This guide has been created following discussions with parents who have experience of supporting a young person struggling with their mental health. The aim of this guide is to provide information and guidance and to help parents cope with a young person who is struggling with thoughts of suicide. To reassure them that they are not alone.

There is help and there is HOPE.

* ​​[Supporting Your Child | Papyrus UK | Suicide Prevention Charity (papyrus-uk.org)](https://www.papyrus-uk.org/supporting-your-child/)
* [Copy of Supporting your child - ENG version FINAL (papyrus-uk.org)](https://www.papyrus-uk.org/wp-content/uploads/2020/10/Poster-of-Supporting-your-child-ENG-version-FINAL.pdf)

**LGBTQI+ for families**

If your child's experiences around gender identity are affecting their mental health, below are some good places to go to for information and advice on what you can do and where you can get help.

* [Young Minds: A guide for parents – Gender Identity](https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/gender-identity/#HowcanIsupportmychildwiththeirgenderidentity)
* [The Proud Trust: Resources for Trusted Adults](https://www.theproudtrust.org/trusted-adults/?gclid=EAIaIQobChMIkt7Lwu6w_wIVl4FQBh16ig2PEAAYAiAAEgJ92fD_BwE)
* [United Kingdom Government: Guide for Parents of LGBT+ children](https://www.google.co.uk/search?q=LGBTQ%2B+for+parents&sourceid=ie7&rls=com.microsoft:en-GB:%7breferrer:source%7d&ie=UTF-8&oe=&safe=active&ssui=on)

# Concerns at all about a child’s safety or wellbeing

If you have any concerns at all about your child’s safety or wellbeing, including their mental health, you can contact the [NSPCC Helpline](https://www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/) 7 days a week, via the website or by emailing help@nspcc.org.uk or calling 0808 800 5000. It does not have to be an emergency – you might be looking for guidance and support. Dedicated NSPCC child protection specialists will be able to advise and take any necessary action.

[SHOUT Textline:](https://giveusashout.org/) Free crisis textline available 24/7, 365 days a year for any CYP who is experiencing mental health difficulties. [Text SHOUT to 85258](https://giveusashout.org/)

**Papyrus (Prevention of young suicide):** [Hopeline UK](https://www.papyrus-uk.org/papyrus-hopelineuk/) Call: 0800 068 4141 Text: 07860039967, for people under the age of 35 or for anyone concerned that a young person could be thinking about suicide. 9am-mindnight ever day of the year.

**Here4You**

With six of the UK’s leading mental health charities coming together – for you – you’ll have someone standing by.

* If you’re a young person struggling with any kind of mental health worries, reach out in a way that suits you. From speaking to someone or grabbing some info, to webchat or text, there’s people ready and waiting to help.
* If you’re a young person struggling with any kind of mental health worries, reach out in a way that suits you. From speaking to someone or grabbing some info, to webchat or text, there’s people ready and waiting to help.

[Here4You - No young person should ever feel alone](https://here4you.co.uk/)

# If it's an emergency or you need urgent help

* If you or someone else is in danger, call 999 or go to A&E now.
* If you need help urgently for your mental health, but it's not an emergency, [get help from NHS 111 online](https://111.nhs.uk/) or call 111

Mental health is as important as your physical health. You will not be wasting anyone's time.

# Things for your Child

**KOOTH**

Get free, safe and anonymous support.

**Whatever you’re feeling, we’re here to help.**

People aged 11-25 can use Kooth to receive one-on-one online sessions with counsellors, peer-to-peer support and more.

[Home - Kooth](https://www.kooth.com/)

**The MIX**

[The Mix](https://www.bing.com/ck/a?!&&p=4b00f84cdace4763JmltdHM9MTcwMDUyNDgwMCZpZ3VpZD0xNjI4MDA5Zi1kYjcwLTZmZGMtMDg2MS0xMDI3ZGY3MDZkNzQmaW5zaWQ9NTIxNA&ptn=3&ver=2&hsh=3&fclid=1628009f-db70-6fdc-0861-1027df706d74&psq=the+mix&u=a1aHR0cHM6Ly93d3cudGhlbWl4Lm9yZy51ay9nZXQtc3VwcG9ydA&ntb=1): The Mix offers support and advice to anyone under 25. There’s a helpline – call 0808 808 4995 – discussion board, webchat, and short-term counselling by phone and online.

**The Children’s Society**

[Information & Advice For Young People | The Children's Society (childrenssociety.org.uk)](https://www.childrenssociety.org.uk/information/young-people)

**Childline**

COPING KIT

When you're feeling low or overwhelmed, it can be hard to know how to cope. But distracting yourself or doing one of our activities or games can help you feel better.

Even doing just one positive thing every day can help your mood. Not sure what you want to do today? Use our tool to help.

[Coping Kit | Childline](https://www.childline.org.uk/toolbox/coping-kit/)