

Support for parents and carers

<https://www.youtube.com/watch?v=DxIDKZHW3-E>

Does my child or young person need mental health support?

It's normal to feel angry, sad, worried or stressed sometimes. However, if they're struggling to cope with those feelings, they might need support.

Look out for:

- Sudden changes in behaviour
- Negative thoughts and low self-esteem
- Arguing and fighting
- Sleep problems
- Avoiding school or staying with you all the time
- Aches and pains
- **Remember – everyone is different and these signs might not have anything to do with a mental health problem.**

Children and young people can be affected by big changes like:

- Death or illness in the family
- Parents separating
- Moving school or moving to a new house.
- Tests and exams
- Adolescence and puberty
- Relationship and friendship problems

There's a difference between feeling a bit low from time to time and a serious emotional health problem. If your child is feeling unhappy and low for a prolonged period of time, or if you have any other serious concerns about your child or young person, it's time to seek more professional help.

Any professional working with children and young people should know what to do. You may find it helpful to speak to:

- your GP
- A member of staff at school: Your child's AM, HoH, a member of the safeguarding team.
- health visitors
- children's centres

YoungMinds offers free confidential online and telephone support to anyone worried about the emotional and mental wellbeing of a child or young person up to the age of 25. Call the free parents' helpline on 0808 802 5544 from 9.30am to 4pm, Monday to Friday

email parents@youngminds.org.uk and YoungMinds will respond to your query within 3 working days.

What can I do at home to support my child's mental health?

- Find time to talk, just the two of you – 'Check in' with them while you're doing things together, so they get used to talking about their feelings.
- For younger children playing together can be very useful – Play helps them to be curious, learn new things, solve problems and express feelings without words.
- Be a role-model – Show how you cope with difficult feelings and look after yourself.

Helpful websites and helplines

Anna Freud:* top tips to help families work together and support one another during the coronavirus outbreak.

<https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/>

NHS:*Mental Health Helplines for Urgent Help - NHS 24-hour advice and support for you, your child, your parent or someone you care for. Help is available to speak to a mental health professional.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/>

If you are concerned about your child then please do contact your child's Academic Mentor or Head of House.