

Support for the Parents of Children Struggling with their Mental Health.

It can often be difficult for parents when faced with their own child struggling with mental health difficulties. Parents can feel lost and find it difficult to access advice to help them find the right way to support their child.

Listed below are a few helpful sites that provide access to advice, support and training to help all parents who are supporting a young person.

NSPCC – Children’s mental health: Guides for parents

Advice for parents to help them support their child/children who may be experiencing depression, anxiety, suicidal feelings or self-harm.

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

Place2Be - Supporting your child's mental health

Parents/carers/families have an important role in teaching children and young people how to understand and manage their feelings as they grow up.

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

Young Minds – fighting for young people’s mental health

Young Minds provides parents and carers with support and help when it is most needed

<https://www.youngminds.org.uk/parent/>

Make it Count – A guide for parents and carers from the Mental Health Foundation

This guide is for parents and carers to help children understand, protect, and sustain their mental health.

<https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>

MIND – A charity campaigning for everyone experiencing a mental health problem to get support and respect.

'Can you make someone get help?' video

<https://youtu.be/OcZNRX-68oE>