

STRONGER MINDS

**A GUIDE TO MENTAL HEALTH,
WELLBEING AND FAMILY SUPPORT**



WHAT IS MENTAL HEALTH?

MENTAL HEALTH IS HOW WE THINK, FEEL AND COPE WITH EVERYDAY LIFE.
EVERYONE HAS IT - INCLUDING YOU.

SOME DAYS ARE GOOD. SOME AREN'T. THAT'S NORMAL

AS A PARENT OR CARER, YOU CARRY A LOT.

LOOKING AFTER A YOUNG PERSON'S MENTAL HEALTH
STARTS WITH LOOKING AFTER YOUR OWN.

YOU CAN'T POUR FROM AN EMPTY CUP.

1/4

ADULTS EXPERIENCE
A MENTAL HEALTH
PROBLEM EACH YEAR

MOST
PARENTS WANT TO HELP
BUT AREN'T SURE HOW.
YOU'RE NOT ALONE.



WHAT CAN AFFECT WELLBEING?

PARENTING PRESSURE

THE MENTAL LOAD, OFTEN
WITHOUT MUCH REST.

WORK & FINANCES

MONEY, HOUSING, DAY-TO-DAY
RESPONSIBILITIES.

FAMILY EXPECTATIONS

GENERATIONAL AND CULTURAL
DIFFERENCES.

YOUR CHILD'S WORLD

THEIR SCHOOL, FRIENDSHIPS,
SOCIAL MEDIA, IDENTITY.

ISOLATION

FEELING LIKE NOBODY QUITE
UNDERSTANDS WHAT YOU'RE CARRYING.



WHEN SOMETHING FEELS OFF



HOW TO SPOT IF YOUR CHILD IS STRUGGLING

- SLEEP CHANGES — TOO MUCH, TOO LITTLE, BROKEN.
- WITHDRAWING FROM FAMILY, FRIENDS OR THINGS THEY USED TO ENJOY.
- LOSS OF INTEREST, MOTIVATION OR SEEMING FLAT.
- SCHOOL REFUSAL, OR A SUDDEN DROP IN ATTENDANCE OR GRADES.
- SIGNS OF SELF-HARM, OR TALK OF NOT WANTING TO BE HERE.

***Trust your instincts.
If something feels off - ask
gently. More than once.***

WHEN YOUR CHILD OPENS UP TO YOU

DONT FIX, LISTEN FIRST

DON'T RUSH TO SOLVE IT. JUST BEING PRESENT HELPS MORE THAN YOU THINK.

WHAT THEY FEEL IS REAL

**SAY: "THAT SOUNDS HARD."
WHAT FEELS SMALL TO YOU MAY FEEL BIG TO THEM.**

SPEAK SIDE-BY-SIDE

IN THE CAR, ON A WALK, WHILE COOKING. SOMETIMES ITS EASIER WITHOUT DIRECT EYE CONTACT.

KEEP TRYING

THEY MIGHT NOT TALK TODAY, OR TOMORROW, BUT KEEP TRYING. DON'T GIVE UP ON THEM.



YOU ARE THEIR SAFE SPACE

WE WANT OUR CHILDREN TO BE STRONG, TO DO WELL, TO BE GRATEFUL. BUT SOMETIMES THE WORDS THAT COME FROM THAT LOVE CAN MAKE THEM FEEL THEY CANNOT TALK TO US.

INSTEAD OF SAYING

“WE DON’T TALK ABOUT THESE THINGS OUTSIDE THE FAMILY.”

“YOU HAVE EVERYTHING — WHY ARE YOU NOT HAPPY?”

“YOU ARE MAKING THIS UP / BEING DRAMATIC.”

“FOCUS ON YOUR STUDIES, THAT IS WHAT MATTERS.”

TRY SAYING

“YOU CAN ALWAYS TALK TO ME. I WILL LISTEN.”

“I CAN SEE SOMETHING IS WRONG. PLEASE TELL ME.”

“I BELIEVE YOU. PLEASE TELL ME MORE.”

“YOUR FEELINGS MATTER AS MUCH AS YOUR GRADES.”



5 THINGS TO TRY

1

LOOK AFTER THE BASICS: SLEEP, FOOD, WATER, MOVEMENT, TIME OUTSIDE. WHEN THESE SLIP, EVERYTHING FEELS HEAVIER.

2

CHECK IN WITH YOURSELF: ONCE A DAY, ASK: HOW AM I REALLY? WE SPEND SO MUCH ENERGY ON OTHERS, WE LOSE TRACK OF OURSELVES.

3

DON'T CARRY IT ALONE: PARTNER, SIBLING, FRIEND, GP. ASKING FOR SUPPORT IS A SIGN OF STRENGTH.

4

SHOW THEM IT'S OK TO TALK: IF YOUR CHILD SEES YOU TALKING ABOUT YOUR FEELINGS, THEY'RE MORE LIKELY TO DO THE SAME.

5

BE KIND TO YOURSELF: YOU WON'T GET EVERY CONVERSATION RIGHT. SPEAK TO YOURSELF WITH THE SAME KINDNESS YOU'D GIVE A FRIEND.

BEFORE YOU LEAVE

**ONE THING I'LL TRY
THIS WEEK:** _____

**ONE CONVERSATION
I WILL HAVE WITH
MY CHILD** _____

FIND SUPPORT

IF YOU OR YOUR CHILD NEED HELP RIGHT NOW:

- 999 EMERGENCY · 111 URGENT MEDICAL SUPPORT
- CHILDLINE 0800 1111 (FREE, UNDER 19S, 24/7)
- SHOUT — TEXT 85258 (FREE, 24/7)
- MUSLIM YOUTH HELPLINE 0808 808 2008 (4PM–10PM)
- SAMARITANS 116 123 (FREE, 24/7)

YOUTH ORGANISATIONS THAT CAN HELP YOUR CHILD

- LEADERS IN COMMUNITY: WWW.LEADERSINCOMMUNITY.ORG
- INSPIRITED MINDS: WWW.INSPIRITEDMINDS.ORG.UK



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SCAN TO SHARE YOUR FEEDBACK, LEARN MORE, AND ENTER THE MONTHLY £50 VOUCHER DRAW!