

Supporting you and your child

In a crisis

The Samaritans – 116 123 or email jo@samaritans.org

Childline – 0800 1111

Shout Crisis Help Line – text 'SHOUT' to 85258

Young People's Mental Health

YoungMinds is a charity devoted to supporting young people with their mental health. There is a section of their website with advice for parents –

[Parents Mental Health Support | Advice for Your Child | YoungMinds](#)

The A-Z of mental health issues is very useful –

[Parents' A-Z Mental Health Guide | Mental Health Advice | YoungMinds](#)

The Helpforparents site has hundreds of links to other websites for a range of mental health issues for young people and parents –

[Supporting a young person with Mental Health problems - Help for Parents](#)

The NHS website gives a range of advice and guidance - [Advice for parents - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Parent/Carer's Mental Health

The NSPCC has an excellent breakdown of how a parent/carer's mental health can impact on young people and how to seek support with this –

[Parental mental health problems | NSPCC Learning](#)

The charity Mind offers advice and support for parents who are suffering with mental health issues themselves –

[Parenting and mental health - Mind](#)

Their website has a button in the top right corner where you can get help now.

Self-harm

YoungMinds gives a step by step guide to helping your child with self-harm –

[Self-Harm & Mental Health | Guide For Parents | YoungMinds](#)

The NHS also gives a range of advice and links for support, and encourages parents to contact their GP to discuss self-harm.

[Where to get help for self-harm - NHS \(www.nhs.uk\)](#)

Depression

A brief introduction to how parents can help with teenage depression -

[Stress and depression 14-19 - Parentchannel.tv - YouTube](#)

The Royal College of Psychiatrists website has excellent support for parents relating to depression which is broken down into helpful heading.

[Depression for parents | Royal College of Psychiatrists \(rcpsych.ac.uk\)](#)

Anger

The NHS website has advice and further links –

[Helping your child with anger issues - NHS \(www.nhs.uk\)](#)

Health for Teens gives useful advice on how to teach teens to manage anger –

[Anger Management | Feelings | Health for Teens](#)

Anxiety

YoungMinds has good advice and support on helping a young person with anxiety –

[Supporting A Child With Anxiety | Tips & Advice | YoungMinds](#)

Maintaining Good Mental Health – 5 steps

[5 steps to mental wellbeing - NHS \(www.nhs.uk\)](#)

[Five ways to wellbeing - Mind](#)