

What if I am worried about my child's mental health



**Easy
Read**



MindEd

e-learning to support young healthy minds

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Should I do anything if I'm worried about my child's mental health?



Yes. One in every five children and young people have a mental health problem.



Usually something can be done to support and help them.

Who should I talk to?



First talk to your child.



Talk to other people who are important in your child's life:-

- ▶ Teachers.
- ▶ Child carers .
- ▶ Family members.





Each school has a **Special Educational Needs Coordinator (SENCO)** who will be a good person to talk to.



They could involve an **Educational Psychologist** if there are difficulties in school.

An **Educational Psychologist** is an expert in behaviour problems.



Your local doctor is a good person to go and talk to. They should know about local services that could help.

What should I ask about?



Have they noticed that your child:-

▶ Has changed their behaviour.



▶ Has less energy.



▶ Changed how they play with other children.



▶ Has changed how they eat, sleep or go to the toilet.

How do I talk to my child?



Talk to your child when you are feeling calm.



Don't try to talk when they are very busy.



Be patient. Take your time to make decisions. Don't be always telling them off.



You could use words like:-

"I have noticed"



You seem to be a bit angry when I ask you to do things.



You don't seem to want to go to football any more.



I'm just wondering is anything troubling you?



Listen and ask more questions to try to understand.



Try to stay calm when listening.

Other things to look out for



Is your child getting enough sleep?



Are they eating a healthy diet?



Are they being bullied at school?



What are they doing online? – do you know which websites they are visiting/ who they are talking to online?



Are they taking drugs or alcohol?

Where can I get help?



There are lots of different types of support. Your local council should be able to tell you what is around in your area.

Some websites have good advice and information for parents like:-

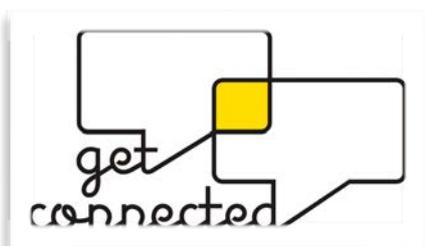


www.minded.org.uk



www.familylives.org.uk

Others have advice and information for children like:-



www.getconnected.org.uk

Here are some websites that have advice and information for children and parents:-



www.relate.org.uk



www.youngminds.org.uk



www.rcpsych.ac.uk



Here are some phone lines where you can talk about your problems:-

Family Lives confidential help line
0808 800 2222.

Childline 0800 1111.

999

In an emergency – phone an ambulance or go to A and E.

How do I look after myself?



It can be stressful supporting your child through mental health difficulties.



You need to look after yourself to help other people.

Take breaks, do something fun.



Talk to people who you find supportive.



Fresh air and exercise always help!

You could try **mindfulness meditation**. It can help get rid of stress.

Mindfulness is about thinking calmly about right now.

Meditation is training your mind to be still.



For more information

This resource is part of the MindEd online learning site. For more information:



Web: www.minded.org.uk



Email: minded@rcpch.ac.uk



Twitter: @MindEdUK

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