

Mental health and wellbeing: information for parents and carers

Southwick School take the emotional health and wellbeing of every child seriously. We believe that the school can help pupils build resilience and support them to be mentally healthy. Our mental health and wellbeing policy sets out how we do this. [\(Add hyperlink to your policy\)](#)

We all have ups and downs in life but in childhood it can be particularly hard to cope with sad feelings and worries that arise when things are hard or scary. There may be times when your child is unhappy or struggling emotionally. You may notice that they seem low or worried or that their behaviour changes. We may notice that they seem withdrawn or upset at school.

If you are worried about your child's mental health then you are not alone. Many parents and carers have similar worries and stresses. There is good support available from local and national organisations. The sooner you seek help the better for your child and you.

The leaflet: [*Mental health problems in children and young people: guidance for parents and carers*](#) provides some useful tips for helping your child plus links to local and national services.

Local services for children & young people

- [The School](#)

Please talk to us about your concerns, so that we can work together to help your child feel better. Miss Bev Webb (parent Support Advisor) is available every morning before school to talk to about and concerns you may have. Alternatively, you can request an appointment with a senior member of staff, via the school office.

- [Your GP](#)

A GP can check any physical symptoms linked to your child's health and talk with you about their emotional well-being making a referral to a specialist service if necessary.

- [The School Nurse](#)

Parents/carers can contact the Wiltshire School Nurse Service for advice and support on a range of health issues.

- [Child and Adolescent Mental Health Service \(CAMHS\)](#)

Advice can be sought from CAMHS, a free NHS service that assesses and treats 0-18-year olds with emotional, behavioural or mental health difficulties.

Websites that offer information and advice

The following organisations provide reliable information and advice to help parent/carers to support their child when experiencing emotional difficulties:-

[Young Minds: - Help for Parents](#)

Information about all aspects of child mental health, including a Parent Helpline 0800 802 5544

[You're Never too Young to Talk Mental Health](#)

Leaflet for parent/carers of primary aged children

[Taking Mental Health with Young People at Secondary School:](#)

Advice for parents and carers of primary aged young people

[Self-Care – Top Tips for Young Parents and Carers](#)

Advice for taking care of your own and child's wellbeing

[Childline](#)

Lots of information and tips for children of all ages about feelings and difficult situations

[Minded for Families](#)

Free learning resource about mental health for parents and carers

[Happy Maps](#)

Lots of information about health topics including mental health, organised under different age groups i.e under 5's primary age, secondary age, young adults

[Charlie Waller Trust](#)

Leaflets on a range of topics to support your family's mental health

[Shout](#)

24/7 text messaging help service for parents

[Child in Mind](#)

Expert led podcasts to help you understand and support mental health issues

Looking after your own mental health

In order to support your child, you need to stay strong and well yourself. It isn't easy being a parent or carer especially when you are experiencing problems of your own such as relationship difficulties, money worries, problems with work. Often it helps to talk to someone, so don't be scared about doing this, with friends, family, your GP or a support service. The following organisations can also offer information and advice to help you.

[Samaritans](#). Tel: free confidential listening service 116 123

[NHS Choices: moodzone](#). Helps manage stress, anxiety, depression.

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing>

[CALM Campaign against living miserably](#)

Information and help around mental health particularly focussing on men

Agencies and services to support parents and carers in vulnerable situations

Citizens Advice Wiltshire

Independent charity that provides free, impartial advice and information on a range of issues including housing, employment and debt.

