

SUPPORTING A YOUNG PERSON WITH MENTAL HEALTH PROBLEMS

This leaflet aims to help parents/carers by:

- Directing you to helpful sources of information about mental health
- Helping you to find help for young people
- Helping you to find support for yourself
- Giving you tips on how you can best support the young person in your life
- Providing guidance on what to do in a crisis





INFORMATION ABOUT YOUNG PEOPLE'S MENTAL HEALTH

Many parents and carers say that it helps them to have clear information about their young person's mental health condition. **Here are some useful websites with reliable information about young people's mental health:**

- www.youngminds.org.uk
- www.rcpsych.ac.uk
- www.mindedforfamilies.org.uk/young-people/



SUPPORT FOR PARENTS AND CARERS

It can be hard to think about what you need as a parent, but looking after your own needs might be one of the best things you can do to support your young person. **Here are some of the ways you could get support for yourself:**

- Join a parent support group
- Phone a helpline such as **Young Minds Parent Helpline** on **0808 802 5544**
- Join an online forum such as Family Lives forum
- For further details see www.helpforparents.org.uk/support-for-parents-and-carers

DETAILS OF LOCAL SUPPORT GROUPS OR ORGANISATIONS/
HELPLINES





HOW TO SUPPORT A YOUNG PERSON

Parents can be an important part of the solution for a young person experiencing mental health problem. You may not be able to fix it but your support can make all the difference. Find tips on how to deal with different issues and how you can support your young person at www.helpforparents.org.uk/supporting-young-people



WHAT TO DO IN A CRISIS

Here are some numbers to call in a crisis:

Emergency services 999

Hopeline 0800 068 4141

Saneline 0845 767 8000 (6-11pm every day).

Samaritans 116 123 (24 hours a day).

"IT'S AN AWFUL FEELING WHEN YOU JUST WANT
TO HELP THEM, AND YOU DON'T KNOW HOW,
YOU DON'T KNOW WHAT TO DO"

YOU CAN WRITE YOUR PERSONAL CRISIS PLAN HERE:





Notes

Go to www.helpforparents.org.uk for more information