

## Mental Health & Wellbeing

Organisations providing further information and support:

### Childline

Call: 0800 1111 to speak to a qualified counsellor or go online for 1-2-1 online chat with a counsellor

<https://www.childline.org.uk>

### Samaritans

Call: 116 123 for 24/7 support or email: [jo@samaritans.org](mailto:jo@samaritans.org)

<https://www.samaritans.org>

### Kooth

Online chat with a counsellor available from 12pm to 10pm (Monday – Friday) 6pm to 10pm (Saturday – Sunday)

<https://www.kooth.com>

### Shout

Text SHOUT to 85258 24/7 service

<https://www.giveusashout.org>

### PAPYRUS

Confidential suicide prevention or advice, for someone thinking of suicide or if you are worried about someone else call: 0800 068 4141

<https://papyrus-uk.org>

### Winston's Wish

Call: 08088 020 021 for therapeutic advice on supporting a grieving child or young person.

Crisis text line: Text WW to 85258 for crisis support

<https://www.winstonswish.org>

### Parent Guides

Teen Sleep Hub - A Guide to better sleep for teenagers - [please click here](#)

Kooth have put together a [guide of top tips](#) to help you talk to your children about their feelings.

They have also put together a [brochure](#) to help you better understand and be aware of the warning signs of mental illness in young people as well as signposting you to additional organisations that can provide support.

As well as speaking to school about any concerns you may have about your child's mental health, below is a 'Parents Guide to Support A-Z' which Young Minds have provided.

## **What to do About Abuse**

If you're worried your child is being abused, or has suffered abuse, here is our advice and information on where to get help:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/abuse-and-domestic-violence/>

## **Supporting Your Child With ADHD**

If your child is struggling to manage their ADHD, here are some ways you can support them and places you can get help:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/adhd/>

## **Responding to Anger**

If you're finding it difficult to deal with your child's angry behaviour, here is our advice on what to do and where to get help:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anger/>

## **Helping Your Child with Anxiety**

If your child is struggling with anxiety, here are some ways you can support them and places you can get help:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/>

## **Supporting Your Child with Depression**

If you're worried that your child is struggling with depression, here is our advice and information on where you can get support:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/depression-and-low-mood/>

## **Supporting Your Child During Divorce or Separation**

If you're worried about how your relationship break-up might affect your child, here is our advice and information on where you can get help:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/divorce/>

### **Supporting Your Child – Domestic Violence**

If your child has witnessed or experienced domestic violence, here is our advice and information on places you can get help:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/abuse-and-domestic-violence/>

### **Supporting Your Child – Drugs and Alcohol**

If you are worried about your child's use of drugs or alcohol, here is our advice and information on where you can get help:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/drugs-and-alcohol/>

### **Supporting Your Child with Eating Problems**

If you're worried your child has an eating disorder, or unhealthy relationship with food, here is our advice and information on where you can get help:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/eating-disorders/>

### **Supporting Your Child During Exam Time**

If you're worried about how your child is coping with exams at school, here is our advice and information on where you can get help:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/>

### **Supporting Your Child with Gender Identity Issues**

If your child is struggling with their gender or thinks they are transgender, here is our advice and information on what you can do and where you can get help:

<https://www.lgbtyouth.co.uk/kirklees>

### **Supporting Your Child with Grief and Loss**

If your child has experienced a bereavement or loss, here is our advice and information on where you can get help:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/grief-and-loss/>

## **Parenting with a mental illness**

When you're a parent with a mental illness, or someone in the family is struggling with their mental health, it can make supporting your child difficult. Here is our advice on what you can do and where you can get help:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/parental-mental-illness/>

## **Supporting Your Child with School Anxiety**

If you think your child might be anxious about school, here is our advice and information on where you can get help:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/school-anxiety-and-refusal/>

## **What to Do If Your Child Is Refusing to Go to School**

If your child is refusing to go to school, here is our advice and information on what you can do and where you can get help:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/school-anxiety-and-refusal/>

## **Supporting Your Child's Self-esteem**

Our advice and information about how you can support your child's self-esteem:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-esteem/>

## **Supporting Your Child Who Is Self-Harming**

If your child is self-harming, here is our advice and information about where you can get help:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/>

## **How to talk to your child about social media and the internet**

Our guide gives ten tips for talking to your child about their use of social media and the internet:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/social-media/>

## **Self-Help and Information**

The charity Mind also has a huge amount of self-help and information resources on their website. For their A-Z on mental health, click on the below link:

<https://www.mind.org.uk/information-support/a-z-mental-health/>