

Mental Health Resources for parents and Carers – updated Feb 2021

Seeking specialist support for children and young people

Children and young people or their parents or carers can contact their GP or refer to [NHS 111 online](#). Local CYPMH services will also have information on access on their websites: many offer self-referral or single points of access.

NHS trusts have established 24-hour urgent mental health helplines in most parts of England for people of all ages. If you have urgent concerns about a child or young person, you can find your local helpline [here](#) to discuss these with a mental health professional.

General information relevant to children and young people's wellbeing and mental health

These resources are dedicated to children's general mental health and wellbeing, with a particular focus on mindfulness with developing coping skills in young people.

- [Place2Be](#) has a host of mental health resources available. They organise Children's Mental Health Week every year.
- [SafeSpot](#) is an iPhone and Android app that promotes positive mental wellbeing in children and young people and has been designed to help children and young people with their coping skills.
- [MindEd's](#) advice and resources for families on supporting children's mental health.
- [BBC's wellbeing resources](#) for families.
- [NHS](#): Mental Health Helplines for Urgent Help - NHS 24-hour advice and support for you, your child, your parent or someone you care for. Help is available to speak to a mental health professional.
- [NHS IAPT](#): free online NHS adult psychological therapies, such as cognitive behavioural therapy (CBT), for common problems involving stress, anxiety and depression. IAPT services can be accessed either through a self-referral by contacting your [Local IAPT](#) or via your GP.
- [Cruse Bereavement Care](#): Bereavement and Grief online information, advice and support. Helpline: 0808 808 1677

- [Public Health England Every Mind Matters](#): Looking After Your Mental Health Resources aims to support everyone to feel more confident in taking action to look after their mental health and wellbeing by promoting a range of self-care actions.
- [Public Health England](#): Every Mind Matters Self-Care Tool when you complete the 5 'Survey' questions, a 'Mind Plan' is generated, with signposting options to many useful resources.
- **Anna Freud**: [self-care strategies for young people](#) feeling low or anxious and [self-care tips for parents and carers](#).

Resources that can help adults better support children, and also find the help that they themselves might need.

- [Public Health England advice](#) for parents and carers on looking after the mental health and wellbeing of children or young people
- [Anna Freud](#): top tips to help families work together and support one another.
- [Barnardo's See, hear, respond hub](#): information for parents and carers.

Loneliness

- Resources from [University of Bath](#) and the ['Tell Me about Loneliness'](#) project provide advice and tips about how to tackle loneliness and are thoroughly rooted in evidence of young people's experiences during loneliness.
- [The Let's Talk Loneliness campaign](#) – the website provides a whole host of resources and information for those feeling lonely, including blogs and podcasts from those who have experienced loneliness.

Self-harm

- [University of Oxford guide for parents and carers](#) on supporting their child or young person in dealing with self-harm.

Eating disorders

- **BEAT** advice and support on eating problems and disorders:
 - Helpline: 0808 801 0677
 - Youthline: 0808 801 0711
 - Studentline: 0808 801 0811
- **The Sanctuary chat room** for people with an eating disorder, created specifically in response to coronavirus.

Suicide prevention

- **Papyrus (Prevention of Young Suicide)** provides confidential advice and support for young people who feel suicidal:
 - HOPEline UK: 0800 068 41 41
 - Text: 07786 209 697
 - Email: pat@papyrus-uk.org
- **Samaritans is a national organisation** for anyone in distress and in need of immediate support:
 - Tel: 0116 123
 - Email: jo@samaritans.org

Trauma

- UK Trauma Council [resources on coronavirus and trauma](#)

Helplines

- Children and young people can access free confidential support anytime from Government-backed voluntary and community sector organisations by:
 - **texting SHOUT to 85258**
 - **calling Childline on 0800 1111**
 - **calling the Mix on 0808 808 4994**