

## **Mental health and wellbeing: information for parents and carers of secondary school aged children and young adults**

St Dunstan's School takes 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.

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 We may notice that they seem withdrawn or upset at school.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.

### **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. In the first instance please contact your child's tutor to discuss any concerns you may have.

- **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.

- **NHS Somerset**

Parents/carers can contact NHS Somerset School Nurse Service for advice and support on a range of mental health issues.

[NHS Somerset Mental Health Crisis](#)

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

A free NHS service that assesses and treats 0 -18-year olds with emotional, behavioural or mental health difficulties.

- **[Kooth](#)**

Children and young people aged 11 and over are also able to access support themselves from B&NES Kooth. This provides links to advice as well as online counselling.

## 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.

[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 including secondary age and young adults.

## 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 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](#)