

Outwood Academy Hindley

MENTAL HEALTH SUPPORT FOR PARENTS

2024

YOUNG MINDS LINKS FOR SUPPORTING YOUR CHILD'S MENTAL HEALTH



For use by all parents and carers who are concerned about their child's mental health

This guide will provide links to parents and carers who are worried about their child's mental health. The links provided will take you to various guides within the Young Minds website to support you in supporting your child or young person. If you have any specific questions based on what you have read or would like further information, please contact your child's Learning Manager in the first instance and they may be able to signpost you to further support.

Young Minds Parent's guide to support A-Z Young Minds A-Z gives you advice on how to help your child with specific mental health conditions, and life events which might be negatively affecting their wellbeing. We'll also show you where you can get help. Helping your child with anxiety If your child is struggling with worrying or anxiety, here are some ways you can support them and places you can get help;

Helping your child with anger -

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

Helping your child with anxiety -

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

Helping your child with challenging behaviour -

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

Helping your child with depression & low mood -

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

Helping your child with drugs & alcohol -

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

Helping your child with gaming & mental health -

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

Helping your child with gender identity -

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

Helping your child with grief & loss -

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

Helping your child with social anxiety and refusal -

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

Helping your child with self-esteem -

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

Helping your child with self-harm -

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

Helping your child with social media -

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

Helping your child with suicidal thoughts -

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

Helping your child with trauma -

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