

YOUNGMINDS PARENTS HELPLINE

What can you support me with?

Our service provides free, practical advice on how you can support your child's mental health. No matter what your child is going through, we are here to guide you when they need you the most.

How can I access the helpline?

You can call our Parents Helpline for free on 0808 802 5544 or access our digital services online by scanning the QR code or visiting [youngminds.org.uk](https://www.youngminds.org.uk).



What happens when I contact you?

You'll speak confidentially with a trained adviser who will listen and explore your concerns in private. They will help you to understand your child's behaviour and give you practical advice on what to do next.

Please note that we cannot advise on medication, counselling/therapy treatments or diagnose mental health conditions.

Call 0808 802 5544 or visit www.youngminds.org.uk/parents-helpline if you're worried about your child's mental health. Free language translation and interpretation services are available.



RECIPE FOR A GREAT CONVERSATION



Regular conversations about mental health are a very important way to look after ourselves and talk about things affecting our lives.

INGREDIENTS

Mental health conversations may be even more important if your child is:

- acting out of character
- feeling worried
- changing their eating or sleeping habits
- having problems at school
- feeling angry
- battling with any other mental health challenges.

So here are some ingredients of a good mental health conversation that may be useful for your family.

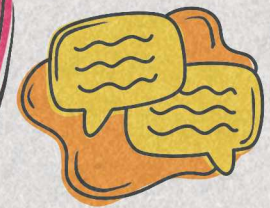
1. Comfortable space
2. Conversation starters
3. A listening ear
4. Open questions
5. A role model

INSTRUCTIONS



STEP 1

Find a space where your child feels comfortable. E.g. the dinner table, on the walk to school, on the sofa or anywhere they feel safe.



STEP 2

Now it is time to start the conversation. You might want to try these questions:

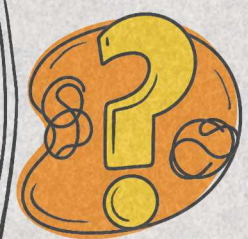
- What was the best and worst bit of your day?
- What do you want to talk about?
- Is there anything that you need from me?
E.g. Space, time to talk, time to do something fun...



STEP 3

Prepare to listen by removing distractions, limiting interruptions and giving your full attention to your child.

Tip: Try not to jump to trying to help, take time to listen and really understand what your child is going through.



STEP 4

Use questions that start with 'why', 'how' and 'what' to allow your child to explain their thoughts and feelings in detail.

E.g. What was the biggest problem you had today?

STEP 5

Remember, conversations about mental health can be difficult for both the parent and child. It is important to be a role model by taking care of yourself, too.

