

# YoungMinds 10 tips for parents and carers

## 1. Trust your instincts

You'll know when your child is struggling. Reach out for support if you need it, from your GP, your child's school or a charity like YoungMinds

## 2. Be kind to yourself

It's OK if you don't have all the answers or get things wrong. Acknowledge, learn and help your child to find the information they need

## 3. Talk openly

Try asking your child how they're feeling today. Or make it topical, for example, about a celeb or influencer who has opened up about their challenges

## 4. Be a role model

Be open about things that you struggle with, let them know how you take care of yourself and think about things like your own social media use

## 5. Really listen

Young people tell us that they don't want their parents or carers to 'fix' everything but to listen and understand. Try having conversations when you're side-by-side, like walking the dog or washing up. Reassure them that things can get better

## 6. Find solutions together

Talk with your child about what would help and figure out a plan of action as a team. This might involve you researching and contacting organisations that offer support

## 7. Celebrate the wins

No matter how big or small they might be, it's important to celebrate your child's achievements and progress

## 8. Have fun

Even if your child's struggling, you can still have fun together. Talk about things other than their mental health and do things you can enjoy together

## 9. Be an anchor

Provide comfort and stability through consistent routines, showing your child lots of love and letting them know you're always there

## 10. Look after yourself

Supporting a child struggling with their mental health is tough, but remember to take care of your own wellbeing too. You could reach out to friends, family, your GP or call YoungMinds' Parents Helpline

**SUPPORTING YOUNG PEOPLE'S MENTAL HEALTH**

**M&S | YOUNGMINDS**

Together, we've got this

Call YoungMinds' Parents Helpline for free on  
**0808 802 5544**

Opening times  
**Monday - Friday**  
**9:30am - 4:00pm**

You can find lots of practical help and advice on how to support your child here: [youngminds.org.uk/parent/](https://youngminds.org.uk/parent/)

YoungMinds' Parents Helpline provides detailed information, advice and support to parents or main carers of children and young people aged 25 or under

Remember, it's OK to reach out for help. We all need support sometimes, and YoungMinds hears from parents and carers just like you every day