**How to help support your child’s mental health**

**Useful websites with advice for parents/carers:**

* [www.youngminds.org.uk/parent/](http://www.youngminds.org.uk/parent/)
* [www.mind.org.uk/](http://www.mind.org.uk/)
* [www.parentclub.scot/](http://www.parentclub.scot/)
* [www.minded.org.uk/](https://www.minded.org.uk/)
* [www.familylives.org.uk/](https://www.familylives.org.uk/)
* [www.stem4.org.uk/](http://www.stem4.org.uk/)
* [www.place2b3.org.uk/](http://www.place2b3.org.uk/)

**Things to look for if your child’s struggling with their mental health:**

* Increased tiredness.
* Persistent sadness that continues for two weeks or more.
* Getting emotional over little things or having increased irritability.
* Avoiding or withdrawing from social interactions.
* A sudden change in their eating habits.
* Changes in academic performance.
* Frequent headaches or stomach-aches.
* Showing a lack of interest in activities they usual enjoy.

**Things you can do to help your child with their mental health:**

* Try to understand their problems and reassure them that you have heard them and you are there to help.
* Take the time to talk to the child or young person you care for.
* Provide a consistent structure and routine (including for sleep).
* As a parent or carer, look after your own mental health too.
* Liaise with the Academy and make a referral to our well-being response team if you feel additional support is needed.
* Go to your GP and seek specialist advice if you are worried about your child’s mental health.