

PARENTS & CARERS

WHAT CAN YOU DO TO SUPPORT A CHILD/YOUNG PERSON?

Being a parent or carer can be really tough at times, particularly when you discover that your child is in real emotional distress or when you are anxious about aspects of their behaviour.

You may be feeling a whole variety of emotions – worried, angry, anxious, confused, guilty, isolated, scared, helpless, ashamed, shocked, frustrated; you may have tried many different approaches and find it hard to know what to do for the best to support the young person.

You are not alone! There is plenty of help, advice and support available to support you. On the other side of this leaflet we have listed just a *few* suggestions of places for you to contact as a starting point.

In addition, here are a few general tips that *may* help you. These are simply ideas that may help to guide you in the right direction but you will want to find the approach that is right for your young person. We are all different, but broadly speaking, young people *may* respond well if you can aim for the following:

- Stay calm – slow down, take a breath.
- Listen to the young person.
- Let them know they can come to you for help. Give them the option to talk to you, if they want to.
- Be caring, understanding and supportive.
- Involve the young person in any decision-making - ask them what they think might help them and encourage them to get that support.
- Be patient.
- Be honest about how you are feeling, you are human too!
- Help the young person to develop positive sleep routines and habits, helping to ensure they get enough sleep, and to maintain a healthy balanced diet. This will really help to make a difference.
- Research the problem or issue, becoming knowledgeable may help you feel calmer.
- Spend time with them if you can - in family activities or shared interests.
- Ask for help or advice if you feel problems are too much for you or your family to manage.
- Look after yourself too! Seek support for yourself to discuss your worries.
- And most of all – *try not to be too hard on yourself!!*

Concerned about a child or young person's emotional and psychological wellbeing?

HOUNSLOW YOUTH COUNSELLING SERVICE 0208 568 1818

Young people can self-refer to HYCS for free, confidential counselling if they are aged 11-25 and live, work or study in the Borough of Hounslow. Ask the young person to call 0208 568 1818 to book an introductory appointment. www.hycscounselling.co.uk

YOUNG MINDS PARENTS' HELPLINE – 0808 802 5544 - 9.30am - 4pm, Mon- Fri.

parents@youngminds.org.uk

Free call, confidential online and telephone support, including information and advice, to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25.

FAMILY LIVES HELPLINE - 0808 800 2222 - 9am – 9pm, Mon-Fri & 10am – 3pm Sat/Sun.

www.familylives.org.uk

Free call, confidential helpline service (previously known as Parentline) offering information, advice, guidance and support on any aspect of parenting and family life.

FAMILY INFORMATION SERVICE (FIS) & DIRECTORY (FSD) - 020 8583 3470 fsd.hounslow.gov.uk

The **FIS** offers an information and signposting service on all aspects of family life for parents of children and young people aged 0-19. The **FSD Online Service Directory** offers information on childcare, children's centres, schools, activities and family support services for your bump, baby, toddler, child or teens.

CAMHS DUTY LINE - 020 8483 2050 Daily from 12.00hrs – 14.00hrs.

<http://mycamhschoices.org/> <http://www.westlondoncamhs.nhs.uk/>

CAMHS (Child Adolescent Mental Health Service) provides phone consultation to anyone seeking clarity or confirmation regarding concerns for children or young people up to 18 years with mental health difficulties.

HOUNSLOW IAPT - 0300 123 0739 Weekdays Mon – Fri 9-5pm www.hounslowiapt.nhs.uk

IAPT (Improving Access to Psychological Therapies) is a talking therapy service for people with depression and anxiety disorders who are 18 years+ and registered with a GP in the London Borough of Hounslow. The service accepts self-referrals as well as referrals from local GPs and healthcare professionals.

EARLY HELP HOUNSLOW (EHH) - 0208 583 6600 option 1 earlyhelp@hounslow.gov.uk

EHH is the initial point of contact for all enquiries from professionals and members of the public requesting information, advice and guidance or access to services within the Early Intervention Service. Self-referral.

GINGERBREAD - 0808 802 0925

Free call, support and expert advice for lone parents.

BRITISH ASSOCIATION OF COUNSELLING & PSYCHOTHERAPY (BACP) - FIND A THERAPIST -

<http://www.itsgoodtotalk.org.uk/> To find a private therapist to work with, contact the BACP; check the therapists profile/experience to ensure that the person is right for you and the child/young person.