

# Mental health and wellbeing: information for parents and carers

Nursteed Primary School take the emotional health and wellbeing of every child seriously. Our whole school approach provides children with the opportunity to develop their understanding of mental health and strategies they can use to support this. We believe that the school can help pupils build resilience and support them to be mentally healthy.

We all have ups and downs in life but in childhood it can be particularly hard to cope with sad feelings and worries that arise when things are hard or scary. There may be times when your child is unhappy or struggling emotionally. You may notice that they seem low or worried or that their behaviour changes. We may notice that they seem withdrawn or upset at school.

If you are worried about your child's mental health then you are not alone. Many parents and carers have similar worries and stresses. There is good support available from local and national organisations. The sooner you seek help the better for your child and you.

The leaflet: [\*Mental health problems in children and young people: guidance for parents and carers\*](#) provides some useful tips for helping your child plus links to local and national services.

## Local services for children & young people

- **The School**

Please talk to us about your concerns, so that we can work together to help your child feel better. In the first instance, you should approach your child's class teacher who will discuss your concerns with you. They may liaise with the school's Senior Mental Health Lead to address these concerns. The school may also share your concerns with the Emotional Literacy Support Assistant (ELSA), who is trained to provide emotional and social skills support to children.

- **Your GP**

A GP can check any physical symptoms linked to your child's health and talk with you about their emotional well-being making a referral to a specialist service if necessary.

- **The School Nurse**

Parents/carers can contact the Bath and North East Somerset School Nurse Service for advice and support on a range of health issues.

- **Child and Adolescent Mental Health Service (CAMHS)**

A free NHS service that assesses and treats 0-18-year olds with emotional, behavioural or mental health difficulties.

- [Barnardo's](#)  
The children's charity provide mental health services across the UK to help children, young people and families when they need it most
- [Kooth](#)  
Children and young people aged 11 and over are also able to access support themselves from B&NES Kooth. This provides links to advice as well as online counselling.
- [Off the Record](#)  
Counselling service for young people aged 11 and over
- [Family Counselling Trust](#)  
FCT Wiltshire delivers low-cost counselling services for children and young people aged 4-18 and their families in Swindon, Devizes, Salisbury, Amesbury, Marlborough, Chippenham and all other areas of the county

## Websites that offer information and advice

The following organisations provide reliable information and advice to help parent/carers to support their child when experiencing emotional difficulties:

### [Young Minds: - Help for Parents](#)

Information about all aspects of child mental health, including a Parent Helpline 0800 802 5544

### [You're Never too Young to Talk Mental Health](#)

Leaflet for parent/carers of primary aged children

### [Taking Mental Health with Young People at Secondary School:](#)

Advice for parents and carers of primary aged young people

### [Self-Care – Top Tips for Young Parents and Carers](#)

Advice for taking care of your own and child's wellbeing

### [Childline](#)

Lots of information and tips for children of all ages about feelings and difficult situations

### [Minded for Families](#)

Free learning resource about mental health for parents and carers

### [Happy Maps](#)

Lots of information about health topics including mental health, organised under different age groups i.e. under 5's primary age, secondary age, young adults

### [Charlie Waller Trust](#)

Leaflets on a range of topics to support your family's mental health

### [Shout](#)

24/7 text messaging help service for parents

### [Child in Mind](#)

Expert led podcasts to help you understand and support mental health issues

## Looking after your own mental health

In order to support your child, you need to stay strong and well yourself. It isn't easy being a parent or carer especially when you are experiencing problems of your own such as relationship difficulties, money worries, problems with work. Often it helps to talk to someone, so don't be scared about doing this, with friends, family, your GP or a support service. The following organisations can also offer information and advice to help you.

### [The Wellbeing College](#)

Directory and database of groups, activities and courses in the B&NES community that can support. adult wellbeing.

### [Talking Therapies](#)

Accessed through G.P or self-referral for those aged 16 and above living in B&NES

### [MyScript- Social prescribing service](#)

Available to anyone registered with a GP in B&NES. This service provides support in finding specialist services and community groups to help individuals experiencing mental health and wellbeing issues to take control of their situation.

### [B&NES Community Wellbeing Hub](#)

Local information on a wide range of issues including physical health, wellbeing, housing and employment advice.

### [Bath Mind](#)

Tel: 01225 316199

### [Samaritans.](#)

Tel: free confidential listening service 116 123

### [NHS Choices: moodzone](#)

Helps manage stress, anxiety, depression.

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing>

### [CALM Campaign against living miserably](#)

Information and help around mental health particularly focussing on men

## Agencies and services to support parents and carers in vulnerable situations

### [LiveWell in B&NES](#)

Links to a range of services supporting physical, social and emotional needs. Includes Ofsted registered childcare, parenting support, groups, clubs and events. Signposts to organisations, services, support, activities and groups for children and young people aged 0-25 with SEND additional needs

### [Citizens Advice B&NES](#)

Independent charity that provides free, impartial advice and information on a range of issues including housing, employment and debt.

**The information on this page has been provided by B&NES Council Public Health & Protection Team**

