



TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

FROM THE DIANA AWARD

1 in 10 children experience mental health problems and research shows that those who are bullied are more likely to experience long-term mental health issues such as depression and anxiety. Talking to your child and identifying ways to further support them are the first steps to supporting your child's mental health. It is important to raise your concerns with your child to then work with your child's school and the Child and Adolescent Mental Health Services (CAMHS) to provide further support for them.

STARTING A CONVERSATION TOP TIPS

- 1 Start an open conversation with your child about how they're feeling. Ask open questions and try not to worry about saying the 'right' or 'wrong' thing – just talking helps. Sometimes it helps to talk in a situation where you're side-by-side, such as in the car or out for a walk. Reassure them that you are there to support them and that they can talk to you at any time
- 2 Listen with your full attention to everything your child tells you and make sure you are prioritising how they are feeling throughout the conversation
- 3 Offer options for how you will discuss mental health with them - some young people may prefer to open up through text
- 4 Be prepared - take a look at the different resources below before you speak to your child
- 5 Focus on preparing to signpost them to places that can help them - reassure them that you will support them in reaching out for help and remember that there are so many organisations who can support your family through this

FURTHER SUPPORT

The organisations below can provide advice and help you to access local support for your child:

YoungMinds
Parent's helpline: 0808 802 5544
www.youngminds.org.uk/

Mind
www.mind.org.uk/information-support/

NHS
www.nhs.uk/conditions/stress-anxiety-depression/talking-to-your-teenager/

You can find further advice and information including activities to do with your child on the subject of bullying in our Parent and Guardian Guide
www.store.diana-award.org.uk

