



Parents & Carers

Supporting your Child - Checklist



A collaboration between The Royal Borough of Kingston,
Richmond & Wandsworth Borough Councils.

Understanding Self-Harm and Suicide
www.richmond.gov.uk/portus

If you are concerned there is an immediate risk to your child's physical or mental health, contact the following:

Physical Health Response

If you are concerned that there is an immediate risk to the young person's physical health

Response:

Call an ambulance or take to nearest A&E

Mental Health Crisis

If you are concerned that there is an immediate risk to the young person because of significant emotional distress

Response:

[SWL St. Georges Crisis Line](#) ►

Preparing yourself - Helpful Resources

The following resources can help you to feel more confident about supporting your child:

- **Coping with Self-harm, a guide** for parents and carers
- **Free online course** helps parents discuss self-harm with their children.
- **Free e-training by the Zero Suicide Alliance** (20 minutes)
- **Self-harm: Parents' experiences - Overview** (healthtalk.org)
- NSPCC self-harm **support for families**
- Young Minds Parents **support line and webchat**
- **Combined Minds App**
Supporting young people's mental health
<https://combinedminds.co.uk/>
- MindEd for Families **website**
- **7 ways to support children and young people who are worried or anxious** (annafreud.org)
<https://www.annafreud.org/schools-and-colleges/resources/7-ways-to-support-children-and-young-people-who-are-worried/>
- **How to Talk to Your Child about Mental Health** | YoungMinds
<https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/>
- **Families Under Pressure** - Maudsley Charity.
<https://maudsleycharity.org/familiesunderpressure/>
- **Tips on how to listen**
<https://anitaclear.co.uk/importance-of-listening-to-children/>

Apps to help your child



Calm Harm

A free app providing support and strategies to help you resist or manage the urge to self-harm.



Tellmi

A free app fully-moderated community where you can share your problems, get support and help other people too.

Know when things are OK

Signs when they are coping well in life

When they:

- Are able to cope with challenges and setbacks and can bounce back from disappointments
- Have trusted adults who they can talk openly with
- Have good support networks in their family
- Have close friendships and friendship groups
- Look forward to things and have a positive outlook
- Sleep well
- Eat regularly

Know how to help your child cope

Here are some ways to look after your child's mental health:

- Regularly ask how they are and be there to listen
- Try to support them through any difficulties
- Show an interest and stay involved in their life
- Support and encourage their interests
- Listen and take what they say seriously
- Encourage positive and regular routines, especially around healthy eating, exercise and sleep



Combined Minds is an app specifically developed to help families and friends support young people with their mental health. It uses a 'Strengths-Based' Approach which helps children and young people recover from mental health difficulties.

This approach focusses on the positive abilities of the young person and builds on their strengths and resilience. The app provides lots of practical ideas to help you support your child.

Signs when they are struggling / know what to look out for

Many children and young people will experience emotional problems at some stage. For some, these will resolve with time, while others will need professional support.

It might be difficult to know if there is something upsetting your child, but there are ways to spot when something's wrong.

Look out for:

- Significant changes in behaviour
- Withdrawing from social situations
- Not wanting to do things they usually like
- Ongoing difficulty sleeping
- Self-harm or neglecting themselves
- Times when they are going through a difficult phase. eg: exams, changing school or college, going to university, moving home, family difficulties, experiencing bereavement

Getting help for your child if you feel they need professional support

Steps to take

- 1.** Speak to your child's school/college - you could talk to your child's class teacher, head of year or the Mental Health Lead
- 2.** It may also help to make an appointment with your GP
- 3.** Give consent for GP and school to talk to each other. This can help to find the best support for your child
- 4.** Agree to check-in regularly with your child's school/college so that you understand how things are progressing

Kinds of support

The kind of support your child receives will depend on their mental health needs and the support available in the school/college. They will have one or more these:

- Peer support / mentor
- School nurse
- School counsellor
- Child wellbeing practitioner
- Mental Health Support Team
- Online support eg. Kooth

Be aware

Your child's school or GP may feel that your child needs more help than is available at their school and refer them into a Single Point of Access. Here they can assess your child and suggest other options of support from Child and Adolescent Mental Health Services.

Services are in high demand and so your child may need to wait before they can access the right support. It's important that you work with the school and GP to ensure the best ongoing support is available to support your child while they wait for further help. The **Combined Minds** app can be particularly helpful during this challenging time.

Organisations that can help your child



Papyrus

HopelineUK

Call:
0800 068 4141

Text:
07860039967

Email:
pat@papyrus-uk.org

www.papyrus-uk.org



The Mix

Essential support for
under 25s.

Free short-term
counselling service
available.

Opening times:
**3pm - 12am,
seven days a week**

Call:
0808 808 4994

www.themix.org.uk



Kooth

Online well-being
community. Free 1-2-1
online counselling.

www.kooth.com



Shout

UK's 24/7 Crisis text
service for mental health
support.

Text:
Shout 85258

www.giveusashout.org



Be Headstrong

Mental wellbeing project
for young people offering
resources, advice and
support.

www.beheadstrong.uk



YoungMinds

Self harm factsheets for
young people, parent
helpline and webchat.

You can call us for free
on **0808 802 5544** from
9:30am - 4pm, Monday -
Friday.

<https://www.youngminds.org.uk/young-person/>



ALUMINA

Alumina

Free online self-harm
support for 11 - 19's.

<https://alumina.selfharm.co.uk/>



Childline

If you're under 19 you can
confidentially call, chat
online or email about any
problem big or small. Free
1-2-1 counselling available.

Call:
0800 1111

www.childline.org.uk



Samaritans

Seven days a week

Call:
116 123 (24/7)

www.samaritans.org



Crisis Line

South West London and
St. Georges Mental Health
Trust

Call:
0800 028 8000

<https://www.swlstg.nhs.uk/patients-carers/crisis-support/mental-health-support-line>