



Family Mental Health Bulletin



11 January 2021

The focus for this bulletin is:

Child in Mind and Place to Be

The Anna Freud Centre have produced a series of expert podcasts to help parents/carers understand and manage child and family mental health problems.

The series, **Child in Mind**, is presented by BBC Radio 4 presenter Claudia Hammond. In each episode, she discusses an important issue in child and family mental health with an expert and a young person or parent.

There are 10 podcasts available at the following link which may be of use in helping to understand the issues covered:

Child in Mind (annafreud.org)

New topics that have not been covered in any of the previous Corona Bulletins are:

- **What is trauma and how does it affect the brain?** - What is trauma, what does it look like, and how does it affect the brain? These questions are discussed in this month's Child in Mind podcast.
- **What are eating disorders & how to cope?**
- **Is medication for mental health problems safe?** - How do young people make decisions about their treatment?
- **Bonding with your baby** - what it means to securely bond with your baby, how this bonding can affect your child's development as well as useful advice for parents to support this bond.
- **The impact of sexual material on line** - Any parent with a computer in the house will have thought about whether their child will see sexual material online. How widespread is

this problem and what is its impact on children?

- **The adolescent brain** - Claudia Hammond talks about the often misunderstood changes that happen during adolescence with a young person

Each podcast is about 20 minutes long so they will not take too long to listen to but may be of value to you.

Place to Be

This is another useful website that has a range of information for both parents and young people.

They also provide a list of support services that may be able to help if you have a young person who is struggling at the moment as we are once again in a national lockdown situation.

There are also suggestions on how to support your young person.

The link for this page and the website is:

[Get urgent help \(place2be.org.uk\)](http://place2be.org.uk)

Please remember you are not alone and there are a range of support networks out there for you to make contact with. Other forms of support are noted in the other bulletins that have been posted so far and are also on the web page so maybe revisit those for ideas.

Finally, the NHS website also has a range of advice and a list of support networks so if you feel more confident looking at their material the link is:

[Mental health charities and organisations - NHS \(www.nhs.uk\)](http://www.nhs.uk)