



# Family Mental Health Bulletin



June 2021

The focus for this bulletin is:

## Looking after yourself

A young person with emotional anxiety can be difficult not just for them but for the whole family. As a parent/carer, knowing how to look after your own emotional well-being is also very important.

The final bulletin of this academic year is to highlight a range of services that are available to parents/carers if they want to talk to someone, find out information or just find ways to ensure self-care.

The [Anna Freud Centre](#) have produced a range of materials, especially for parents/carers, which are easily accessible. The following web page has a range of activities and suggestions to help:  
[Self-Care for Parents and Carers | Why consider self care? | Anna Freud Centre](#)

There is also a range of podcasts that parents/carers can listen to help understand and manage problems:  
[Child in Mind | Podcast on Managing Children and Family Mental Health Problems | Anna Freud Centre](#)

Sometimes, having more knowledge of the emotions or actions your young person is experiencing makes it easier for you to cope and understand.

The centre also recommend another service for parents, this is the **AFC Crisis Messenger** – text **AFC to 85258** for free 24/7 crisis support

On the website there is also a link for those who are adoptive or foster parents or if you have special guardianship. The range of information provided may help in understanding more about the young person in your care, helping you to feel that support is out there for you.

[Adoptive Parents, Special Guardians, Kinship Careers and Foster Carers | Anna Freud Centre](#)

[Teen Tips](#) have courses available for parents/carers with teenagers in the household. This is available at the following link:

[Complete Parenting Teens Course – Teen Tips Wellbeing Hub](#)

Being aware of what young people may be experiencing can help you to make sense of things and this can reduce stress and worry.

## Contacts:

- **Samaritans** – Talk it through, we are here to listen. Call free day or night 365 days a year on 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)
- **Young Minds Parents Helpline** – 0808-802-5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)
- **Anxiety UK** is a national charity with local services all over the UK. The website includes resources for parents concerned about their child's anxiety  
<https://www.anxietyuk.org.uk/get-help/support-for-children-young-people/>

## Please Remember:

Talking to someone is important, whether that is a friend, other family member. Your GP will also be there to listen or contact one of the support groups, whichever you choose there will be someone there to listen to you and give you the chance to be able to talk about how you are feeling.

You are not alone and giving time to your self is important if you are to be there to support the young person around you.