

## Monthly updates from your Family Liaison Officer



### ***Worried about your mental health?***

*We all go through stressful events from time to time that can change our normal behaviour. Short-term changes to behaviour are common. We may feel more stressed, angry or sad. These feelings are not always a sign of mental illness. Changes in behaviour can be a sign that your relative is developing a mental illness. You may notice that they start to behave differently. You may see a change over a short time or over a number of months.*

*Below are some common changes to look out for*

- *be anxious,*
- *be irritable,*
- *try to start arguments,*
- *have mood swings,*
- *self-harm,*
- *sleep too much or too little,*
- *not want to be around other people,*
- *be less able to cope with work or studies,*
- *have concentration problems*
- *have memory problems*
- *eat more or less,*
- *have suicidal thoughts.*

*Please visit these websites for support and advice*

<https://www.iwmentalhealth.co.uk/>

<https://www.solentmind.org.uk/support-for-you/services-on-the-isle-of-wight/>

<https://isorropia.uk/>

### **Worried about your child's mental health?**

*If you're worried about the mental health of a child or young person, it can be hard to know what to do to help them. You may also feel like you need support for yourself.*

*You're not alone and there are places both you and your child can turn to for help.*

### **Understanding how a child or young person is feeling**

*It can be a good idea to find out more about how a child or young person might be feeling. This can help you understand how best to help them, or help them find ways to support themselves.*

*Please visit these websites for some support and advice*

<https://www.youngminds.org.uk/>

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

<https://www.tidalfamilysupport.org.uk/>

<https://www.iow.nhs.uk/our-services/mental-health-services/CAMHS/camhs.htm>

<https://www.iowyouthtrust.co.uk/get-support/im-a-young-person/>

### **Getting professional help**

*It can be difficult to know when and how to get professional support for your child.*

*If your child is feeling low or anxious for a prolonged period of time, or if you have any serious concerns about how your child is feeling or acting, you may want to seek professional help.*

*As a first step, you may find it helpful to speak to:*

- *someone you trust at school– for example, family liaison officer, a teacher, school nurse, or special educational needs co-ordinator (SENCO)*
- *a GP*
- *a health visitor (for children up to 5 years)*

*They can tell you what support is available in your area and put you in touch with children's and young people's mental health services.*

#### *Helping a child with anxiety or depression*

*Realising that your child may be struggling with their mental health and experiencing anxiety or depression can be hard to accept. Sometimes parents can feel like it's their fault or want to know why their child is struggling with a mental health problem. This is completely understandable, but the most important thing you can do is to reassure your child and not judge them for how they're feeling.*

*Ways to help a child who's struggling include:*

- letting them know you're there for them and are on their side*
- try talking to them over text or on the phone if they don't feel able to talk in person*
- being patient and staying calm and approachable, even if their behaviour upsets you*
- recognising that their feelings are valid and letting them know it's okay for them to be honest about what it's like for them to feel this way*
- thinking of healthy ways to cope you could do together, like yoga, breathing exercises or mindfulness*
- encouraging them to talk to their GP, someone at their school or ChildLine. Especially if they're finding it hard to talk at home.*
- take care of yourself and get support if you need to. Try not to blame yourself for what's happening and to stay hopeful about your child's recovery.*

If you are worried about yourself or your child, please feel free to contact me on [familysupport@binsteadpri.co.uk](mailto:familysupport@binsteadpri.co.uk), or the main office school, or talk to your class teacher.

Together we can support each other, so no one struggles alone.

**Mrs Parkinson**

**Family Liaison Officer (FLO)**