

### Supporting your child's mental health & wellbeing

- Discuss mental health: opening conversations about mental health can be hard. Perhaps discuss characters in films or celebrities who have struggled with their mental health and look at how they got support. Remind them mental health is as important as physical health and that they can talk to you if they are worried about anything.
- Be present: life is busy, but it is important to set aside some 1:1 time with your child and really be there for them - without distractions.
- Honest & supportive communication: ask them how they are feeling - maybe ask them to rate how they feel from 1-10. Sometimes just talking about their concerns is enough - they don't always need advice.
- Really listen: actively listen to your child and their feelings, without judgement, and check that you have understood them. Remember, what might sound trivial to you, could be a big deal for them.
- Quiet time together: enjoying a quiet activity with your child can make it easier to talk naturally, without it turning into an interrogation.
- Stick to commitments: follow through on your commitment to spend time together - they need to be able to count on you and your time together

### Signs to look out for:

- Significant change in mood and / or behaviours
- Change in academic achievement ( +/-)
- Difficulties with peer relationships
- Lack of personal care
- Signs of tiredness or not eating well
- Expressing feelings of failure, uselessness or loss of hope
- Increased isolation from friends/ family, becoming socially withdrawn
- Not wanting to go to school
- Changes in clothing, e.g. long sleeves in summer
- Talking/ joking about self-harm or suicide
- Signs of physical harm that are repeated or appear non-accidental
- Abusing drugs/ alcohol
- Repeated physical pain or nausea with no evident cause
- Secretive behaviour
- Spending more time out of class / in toilet
- Changes in activity level e.g. giving up hobbies

## Sources of Support For You

### What are we doing?

- Scottish Mental Health First Aid - first aiders in every secondary school
- Advice Card - 'Signs to look out for and initial actions'
- Professional Learning for staff on mental health & wellbeing to raise awareness and increase knowledge and confidence
- Learning and teaching resources to support mental health on the learning and teaching Glow platform
- Referrals & consultations with external agencies e.g. West Lothian Multi-Agency Mental health & wellbeing screening group
- Complete GIRFEC Assessment of wellbeing for individuals in need
- Opportunities to access group work with agencies such as Educational Psychologist and Children & Young People Team

### Phone Numbers

Samaritans - call free 116 123 (UK)

GP - contact your surgery

Parent Line Scotland - 08000 28 22 33

CAMHS - 01506 434274

Young Minds - 0800 802 5544

If you have concerns regarding your child's immediate mental health please access urgent medical attention by contacting your GP, NHS24 on 111 or go to your local A&E.

### Some Websites

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)

[www.reach.scot](http://www.reach.scot)

[youngminds.org.uk](http://youngminds.org.uk)

[www.mentallyhealthyschools.org.uk](http://www.mentallyhealthyschools.org.uk)

[www.childline.org.uk](http://www.childline.org.uk)

[www.samh.org.uk](http://www.samh.org.uk)

[www.seemescotland.org](http://www.seemescotland.org)

[www.westspace.org.uk](http://www.westspace.org.uk)

[www.breathingspace.scot](http://www.breathingspace.scot)

[www.saheliya.co.uk](http://www.saheliya.co.uk)



### Some Apps



Thrive

Calm Harm

For Me

Mood Tools