

St Paul's

C of E Primary School



A place to belong

Parent Guide

Supporting Mental Health at Home

&

Resources and Links to Support and Services in York



Supporting Mental Health in Children

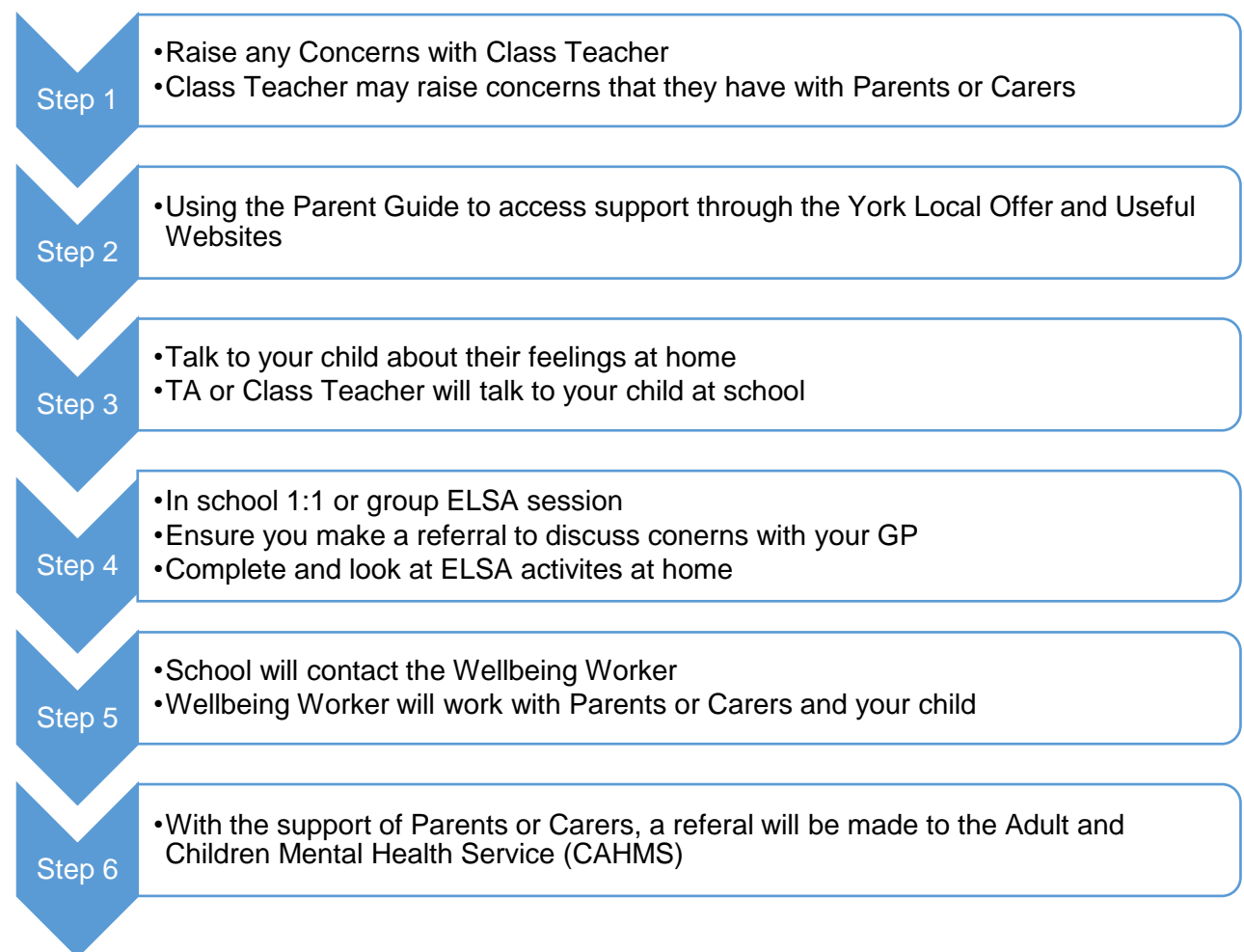
If your child is struggling and needs some help, you may be feeling really worried as a parent – and also like you're not sure where to start.

Remember that you and your child are not alone.

Trying to find the right help for your child and finding your way around different services can be really tiring at times. Remember to look after yourself as you go – and to remind yourself that you're doing your best and it's not always easy.

This booklet will provide you with information about the steps for support in school for children who are struggling with their mental health and some useful resources to support you at home.

Steps of Support in School:



Links to Online Resources

The York Local Offer -

www.yor-ok.org.uk/families/Local%20Offer/mental-health.htm



Parents: Where to turn for help on YorOK Website

www.yor-ok.org.uk/2014%20YorOK%20Website/families/Local%20Offer/other-support-services-for-parents.htm

List of Social Emotional and Mental Health Difficulties Support Services

www.yor-ok.org.uk/families/Local%20Offer/emotional-and-behavioural-difficulties.htm

How to Support Mental Health through COVID19

www.yor-ok.org.uk/families/Local%20Offer/mental-health.htm

York Mind Charity

www.yorkmind.org.uk



York Mind Activities Brochure July 2021 – June 2022

www.yorkmind.org.uk/how-we-help/activities-and-peer-support/york-mind-202122-activities/

York Mind as the single access point on: 01904 643364 option 5

Young Minds Charity including Helpline

www.youngminds.org.uk 0808 802 5544



NHS Crisis Advice

www.tewv.nhs.uk/services/crisis-advice/



NHS Crisis Team:

In a mental health emergency, call us: 0800 0516 171

The line is open 24 hours a day, seven days a week for people of all ages living in York

Every Mind Matters – expert advice and practical tips to help you look after your mental health

www.nhs.uk/every-mind-matters/

Adult Mental Health Recovery Support

www.york.gov.uk/MentalHealthRecovery

Walk in Centre for people 16 and Older

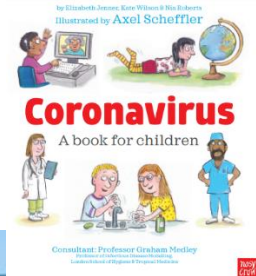
www.mhm.org.uk/the-haven-30-clarence-street



Recognising Mental Health Concerns in Children - NSPCC

www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/

Other Resources Available



Thriving With Nature

A GUIDE FOR EVERYONE



MAKING THE MOST OF THE UK'S NATURAL SPACES FOR OUR MENTAL HEALTH AND WELLBEING



FOR YOUR WORLD

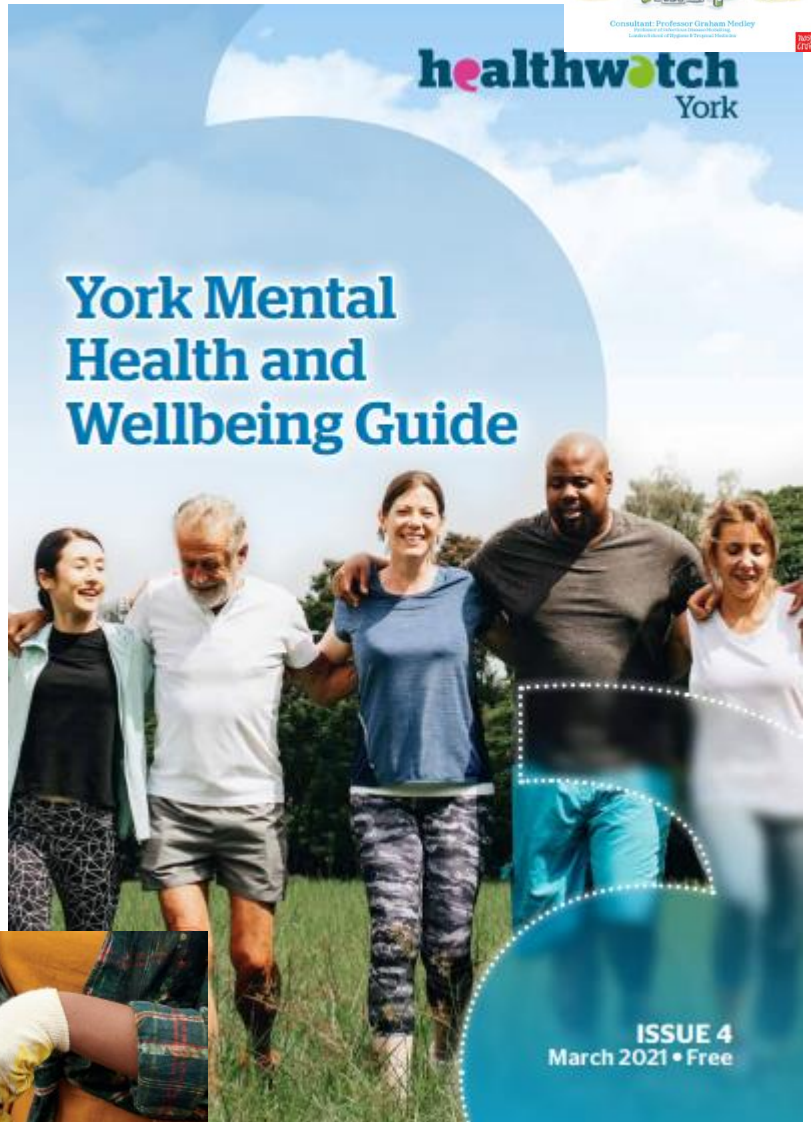


Mental Health Foundation



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.



mind York



Mental Health and Well-being Activities Programme

Activities delivered between July 2021 and June 2022

mind York
for better mental health



Mental Health and Well-being Activities Programme 2021