

MindEd for Families

MindEd for Families is a vital online resource providing evidence based advice and information for family members or caregivers concerned about their child's mental health.



Families can access online information and practical advice on a wide range of areas, including:

- ✓ Supporting a child in difficult circumstances
- ✓ Coping strategies and building resilience
- ✓ When to get help
- ✓ Nurturing and building healthy family relationships
- ✓ Coping in crisis situations
- ✓ Feelings of isolation

Developed in partnership with YoungMinds and co-written with parents and carers, the resources are **engaging, interactive** and **accessible** on all mobile and tablet devices.

Please share this resource with your families today!



Find out more:
www.minded.org.uk/families

Twitter: @MindEdUK



YoungMinds Parent helpline: 0808 802 5544

Lines open 9.30am until 4.00pm Monday to Friday (free from mobiles and landlines)

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Royal College of Psychiatrists / Royal College of Paediatrics and Child Health / British Psychological Society / Royal College of Nursing / Royal College of General Practitioners / National Children's Bureau / YoungMinds

In partnership with:

Health Education England/ e-Learning for Healthcare / Department of Health / British Association of Counselling and Psychotherapy

Concerned about your child's mental health?



MindEd for Families provides expert information and practical advice on supporting yourself, your child and your family through challenging circumstances.

www.minded.org.uk/families

I'm worried and don't know what to do...

Practical support for family members

- Building confidence and resilience
- Finding helpful information
- Keeping ourselves strong
- Should I be worried?
- What should I do if I am worried?
- What to do in a crisis?
- Who can help us?
- Medication

Why is my child behaving like this?

Understanding child mental health and behaviour

- Attachment
- Child and teen development
- Common problems
- Death and loss (including pets)
- Diagnosis
- Eating disorders
- Refusal to go to school
- Risky behaviour
- Sexual orientation and gender
- Sleep and adolescence
- Substances, alcohol and aerosols
- Trauma and coping
- Child sexual abuse and exploitation

Am I doing the right thing for my child?

Expert advice on parenting and mental health

- Bullying and what to do as a parent
- Everyday parenting
- Families and their difficulties
- Parenting in a digital world
- Parenting the child with issues
- Speaking up for your child
- Talking to my child
- Top parenting tips

I just don't understand mental health services!

Helpful guidance on services and settings

- Children's Social Care referral
- Setting up a support group
- The journey around inpatient care
- Transition to adult services
- Transitions during education
- Young people and criminal justice