

Mental health awareness for parents



Emily Callard

Health Improvement Team

What you will come away with today!



Increased confidence in talking about mental health



Increased knowledge about mental health problems

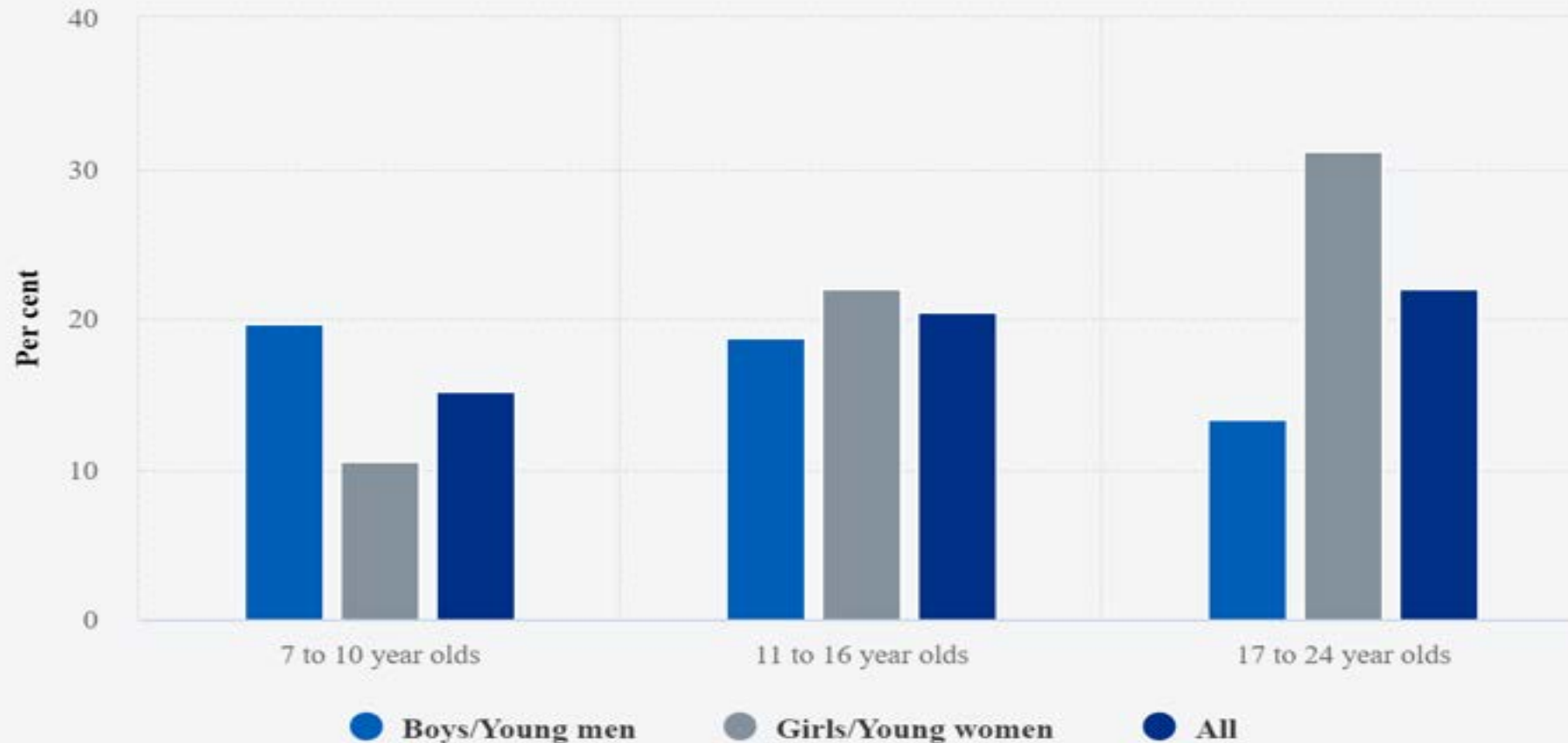


Increased understanding of how to support your child

What do we know?

Mental health in children & Young people

Figure 1.1: Percentage of children and young people with a probable mental disorder, by age and sex, 2022





5% of children have a mental health problem in the UK



Social media causes mental health problems



55% of parents have never spoken about mental health with their child

A hand in a light blue shirt sleeve holds a red, brain-shaped sign with a black outline. The sign has the words "MENTAL HEALTH" written in white, bold, hand-drawn capital letters. The background is a textured blue surface with a faint white outline of a head and a wavy line at the bottom left.

**MENTAL
HEALTH**



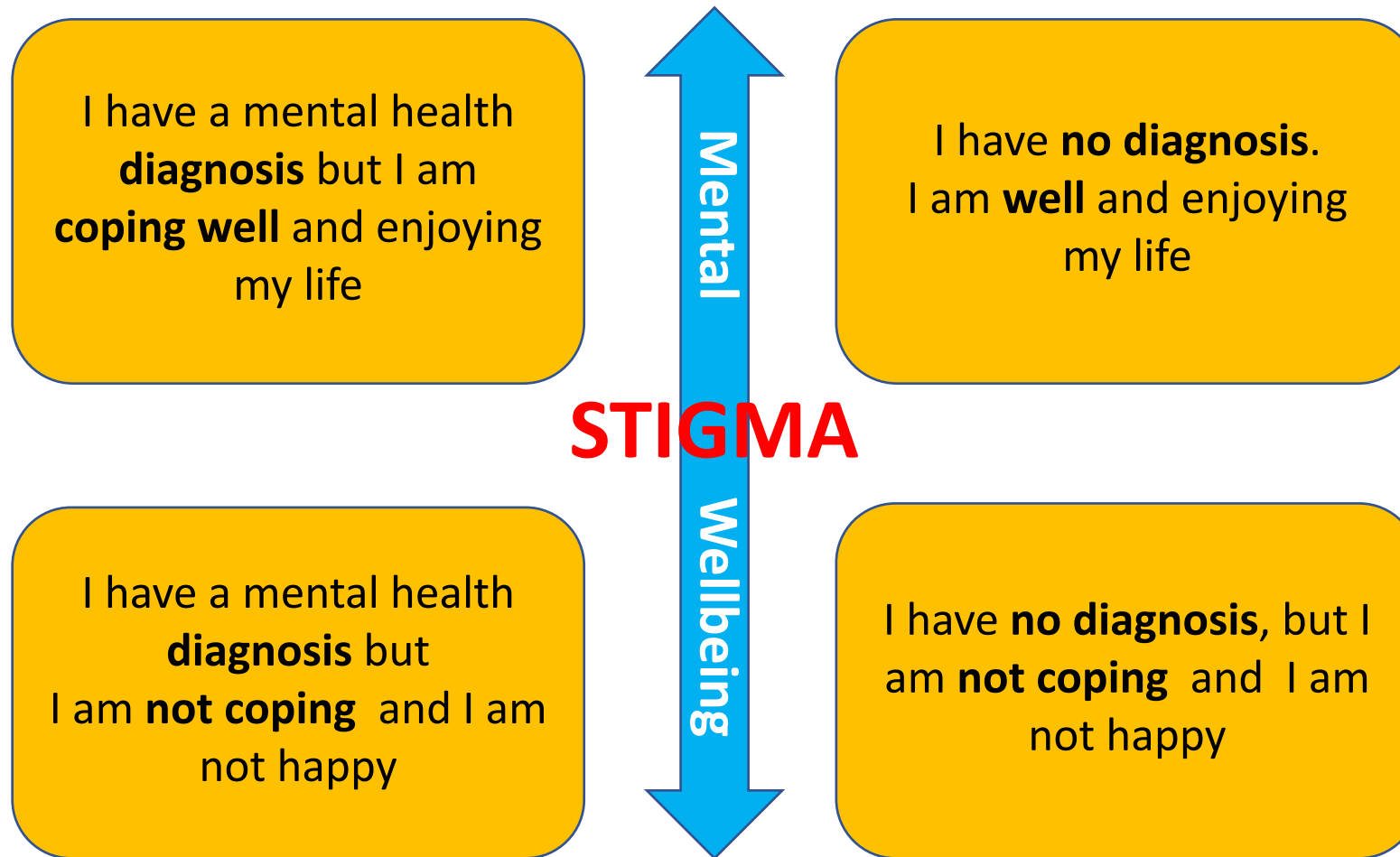
Definition of mental health

“A state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

World Health Organisation



Mental health spectrum



Stress is a physical or emotional response to pressure



Mental health problems



Depression



- Prolonged low mood
- Hopelessness, guilt
- Loss of energy, lack of responsiveness
- Difficulty concentrating
- Loss of confidence
- Agitated, angry
- Thinking of suicide

Anxiety



- Excessive worry, restlessness
- Panic, confusion,
- Dread, avoidance, compulsive behaviour
- Sweating, nausea, chest pains

Eating disorders



- **Tiredness, lack of interest in socialising, sadness**
- **Need of control**
- **Stomach cramps, constipation**
- **Damaged liver, loss of enamel on teeth**



Self harm



- **Deliberate action to cause harm to themselves, comes in many forms!**
- **Often a way of coping with emotional difficulties**
- **Symptom rather than a mental health problem.**



Psychosis



- Experiencing a change of reality
- Mood, thinking and perception is severely disrupting someone's life
- Often a symptom of schizophrenia, bipolar disorder and drug induced psychosis.

What helps

How to help your child start talking

Find an activity as lots of YP find it easier to talk when while doing something . It Gives them something to do with their hands

Feels less like a 'big chat' and is more natural

Ideas for activities:

- Walk
- Drive
- Bake
- Share music
- Draw / colour together
- Out for coffee



Conversation starters

General

How are you feeling?

What do you want to talk about?

What was the best and worst bit of your day?

If you could start today again, what would you do differently?

What did you do today that you are most proud of?

Serious

What was the biggest problem you had today?

Do you want to talk about what's going on?

How can I support you through [issue]?

Is there anything that you need from me?
Space, time to talk,
time to do something fun...

Conversation starters

Encouragers

I love you,
nothing can
ever change
that

You can talk to
me, I'm here for
you

If you need
to talk to
someone else,
that's okay too

If you talk to me
about what is
worrying you, I
can do my best to
help

Even if I don't
understand,
know that I
want to

We're going
to get through
this together

Active Listening

- Pay attention
- Validate their feelings
- Acknowledge their experience
- Ask open- ended questions
- Make space for silence
- Paraphrase and summarise





Acknowledge & Validate feelings

“I hate Anna, I’m not going to school!”

“You sound very angry, what made you cross?”

“Leave me alone, I didn’t sleep!”

“You must be feeling tired. When you couldn’t get to sleep, was there anything on your mind?”

“I got a C, I’m rubbish!”

“You look really disappointed. Do you remember a time when you were proud of yourself?”





Resilience

- Resilience is the ability to do **well despite challenges in life**. It helps us adapt successfully and bounce back from adversity, failure, conflict and disappointment.
- When faced with challenges and difficulties, **resilient children still experience anger, grief and pain**. But they can function and recover.
- We play an **important role in promoting resilience in** children. Our instinct is to support and protect, but no-one can escape stress, risks, adversities, and other challenges; they are part of being alive. In fact, a tolerable amount of all those things can help children develop resilience.

How to help build resilience



5 Ways to wellbeing



Mindfulness, relaxation & breathing exercises



What is mindfulness?

‘The quality or state of being conscious or aware of something.’

- **Roots in Buddhism and meditation**
- **Mindfulness = awareness of the present moment**
- **Diverts your autopilot and helps you to be more aware of your thoughts and feelings**
- **Notice, understand, control and cope with thoughts and emotions**
- **Mindfulness helps to reduce stress, anxiety, rumination and emotional reactivity**
- **Improves mood, working memory and focus**
- **Recommended by NICE as a treatment for depression**

What is relaxation?



Stress Response	Relaxation Response
↑ heartrate	↓ heartrate
↑ blood pressure	↓ blood pressure
↑ brain waves	↓ brain waves
↓ immune system	↑ immune system
↑ irritability	↑ sense of wellbeing
↑ sleep disorders	↑ sleep
↓ digestion	↑ digestion
↑ anxiety and depression	↑ mental health
↑ cholesterol levels	

Breathing exercises

To activate the parasympathetic nervous system.

Diaphragmatic breathing

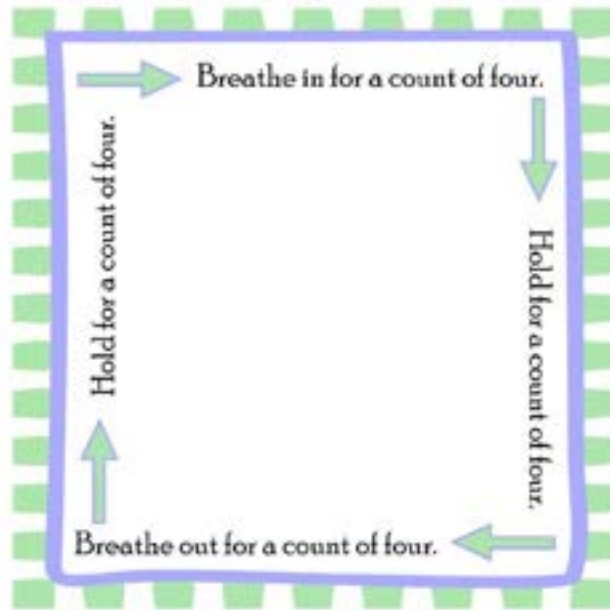
Place one hand on your chest and the other on your stomach.

As you inhale, ensure the hand on your chest remains still, while the hand on your stomach moves outward, signifying the diaphragm filling with air.

The diaphragm, a dome-shaped muscle, displaces organs to create space. This breathing method is efficient and activates the parasympathetic nervous system.



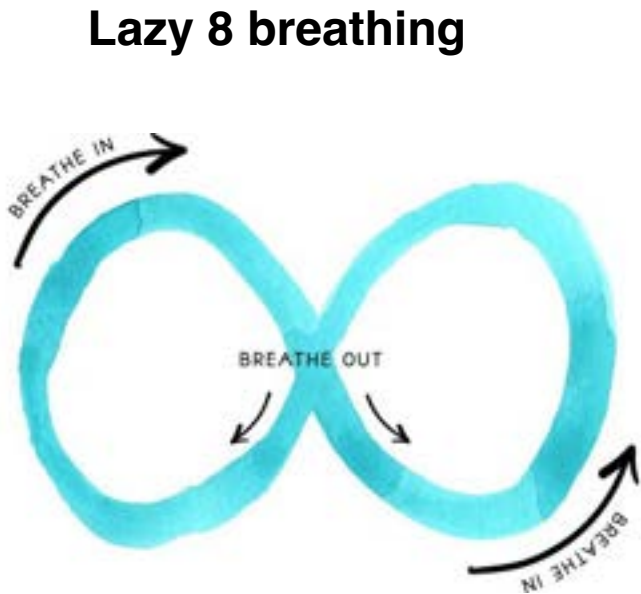
Breathing exercises



Box Breathing



Alternate nostril breathing



Lazy 8 breathing


Grounding exercises


Stay Grounded Using Your 5 Senses

Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

5 Things You Can See 

4 Things You Can Feel 

3 Things You Can Hear 

2 Things You Can Smell 

1 Thing You Can Taste 

SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions



body

lay on the ground,
press your toes into
the floor, squeeze
playdough



5 senses

wear your favorite
sweatshirt, use
essential oils,
make a cup of tea



self-soothe

take a shower or
bath, find a
grounding object,
light a candle



observe

describe an object
in detail: color,
texture, shadow,
light, shapes



breathe

practice 4-7-8
breathing: inhale
to 4, hold for 7,
exhale to 8



distract

find all the square
or green objects in
the room, count by
7s, say the date

Resources

More information

Young Minds
www.youngminds.co.uk

NHS Choices
www.nhs.uk

CWMT
www.cwmt.org.uk

Rethink mental illness
www.timetochange.co.uk

**Beat
(eating disorders)**
www.beat.co.uk

Department of Health
www.dh.gov.uk

Anxiety UK
www.anxietyuk.org.uk

**Anna Freud
(schools in mind)**
www.annafreud.org

Kooth
www.kooth.com



Thank you
for
attending!



callarde@ealing.gov.uk



www.egfl.org.uk



020 8825 8865

