

Helpful tips for supporting your child's mental health.

Find time to talk, just the two of you – 'Check in' with them while you're doing things together, so they get used to talking about their feelings.

Give your full attention -show them that they matter and that they feel listened to.

Listen and try to understand that what your child is feeling is real for them at this time.

Play a game or do an activity together – Play helps them to be curious, learn new things, solve problems and express feelings without words.

Be a role model – Show how you cope with difficult feelings and look after yourself.

Advice for parents/carers when talking about mental health with young people at primary school.

<https://www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-primary-school/>

Advice for parents/carers when talking about mental health with young people at secondary school.

<https://www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-secondary-school/>

They won't always remember what you said and they won't always remember what you did but they will always remember how you made them feel. Maya Angelou



Emergency numbers including local and national Crisis lines.

Black Country NHS 24/7 urgent mental health helpline number 0800 008 6516



Shout—Text SHOUT TO 85258.
24/7 help.



Contact HOPELINEUK

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

Call: 0800 068 4141 Text: 07860039967

Email: pat@papyrus-uk.org Opening hours:
9am – midnight every day of the year
(Weekends and Bank Holidays included)



Young Minds Parents Helpline

Parents Helpline on 0808 802

5544, Monday - Friday 9:30am - 4:00pm.

There is also a messaging service and a web-chat

<https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>

Always remember

It's as important to seek help for a mental health emergency as it is for a physical health emergency.



Leaflet Control Ref: Sandw_CAMHS_2023 | Version: 1.0 | Issue Date: Nov 2023 |
Review Date: Nov 2024



Black Country Healthcare
NHS Foundation Trust

Sandwell CAMHS

Useful Information



This resource has been developed to provide some useful information and sources of self accessible support for both you and your child whilst you are awaiting your appointment.

We hope you find it useful.

Together with you to achieve
healthier, happier lives



"It takes a village to raise a child"

This saying captures how an entire community of people must interact with children for them to experience and grow in a safe and healthy environment.

Family, friends, schools etc. We all have a part to play in shaping our children's health and wellbeing.

We, as a children's mental health service are a part of this "village" and will do all we can to help you.

We will try to see your child as quickly as possible but we do have a waiting list.

Hopefully this leaflet will provide you with some useful information not only while you are waiting for your appointment but in general too.

If you don't know where to turn please don't think that you are alone.

The back page of this leaflet has details for urgent /crisis support.



Sandwell Directory

The Sandwell Emotional Wellbeing and Mental Health Directory provides a list of supportive services.

[Emotional-Well-Being-and-Mental-Health-Directory-for-Sandwell-Children-Young-Adults-and-their-Families-April-2023.pdf \(blackcountryminds.com\)](https://blackcountryminds.com/Emotional-Well-Being-and-Mental-Health-Directory-for-Sandwell-Children-Young-Adults-and-their-Families-April-2023.pdf)

Kooth

All young people aged 11-18 in Sandwell have access to Kooth. Kooth is an online mental wellbeing community providing free, safe and anonymous support.



<https://www.kooth.com/>

Wysa

Wysa is an AI wellbeing coach app to help 12 –18 year olds with sleep, anxiety, handling difficult conversations, improving productivity and much more. Scan the QR code below, or download the app and enter the Sandwell code (BCSA2023) for free premium access.

Here for you, whenever you need to talk



IOS Code: BCSA2023

The 5 ways to wellbeing

The 'Five Ways to Wellbeing' have been identified as simple actions that anyone can take to have a positive impact on their day to day wellbeing. Why not try building on these five actions to see if they can make a difference to your wellbeing.

These are the messages developed with children aged 5-11 in Dudley.

Everyone needs to know how to look after their mental health. The 5 ways to wellbeing are a set of actions that can be used every day to help do this.



11-16 messages are here

<https://lets-get.com/starting-well/11-16-years-secondary-school/draft-looking-after-your-emotional-and-mental-health/>

Adults version of messages are here

<https://lets-get.com/healthy-lifestyles/mental-wellbeing/five-ways-wellbeing/>

In a world where you can be anything—Be kind.