

PRINCES RISBOROUGH SCHOOL

Mental Health Support Booklet



A comprehensive collection of mental health advice, websites and support services to help you better inform and support your child with mental health problems

What Mental Health Problems Are There?

- Anxiety
- Self-Harming
- Addiction
- Bipolar
- Depression
- Eating Disorders
- Obsessive Compulsion
- Suicidal Thoughts

And many more...

When does it become a Mental Health *Problem*?

When emotions become so overwhelming or difficult that they affect your ability to live life as you normally do.

For example...

Anxiety: people with an anxiety disorder feel continuously scared and panicky and can develop sleeping and eating problems as a result.

In situations like this it is best to consult your **GP** so they can advise and support you.

If you notice a distinct change in your child's behaviour or feelings, it is always best to talk to them before going to someone else and be open about your concerns. Let them know you are always there if they need to talk.

Facing Difficult Conversations with Your Child

Talking about Mental Health can be really disconcerting for parents, not only if you think your child is suffering but also facing difficult questions about mental health.

With any difficult conversation with your child the best thing you can do is be honest, understanding and listen without judgement.

There will be a reason your child has come to talk to you so do not be too hasty to refer them to someone else at school or a website. Take time to acknowledge they have come to you and to listen to them empathically and without panicking.

As a parent it is entirely natural to want to 'fix' whatever problem your child is facing and offer as many solutions as possible; however, sometimes all your child needs is for you to listen to what is hurting them and hear that it is okay and that you are there to support them.

Whatever you do, try not to diminish your child's experience by saying "don't be silly", "it's not that bad" or "you shouldn't worry about that". This passes judgement on what they are feeling and can cause them to feel guilty or conflicted over their emotions. The best thing is just to acknowledge and try to understand and empathise with what they are feeling.

What Support is Out There?

- **Websites & Forums**



Websites and Forums are great for quick and easy access to peer support for young people and can help them see that they are not alone or the only ones feeling the way they do.

- **GP/CAMHS**



If you have concerns about your child's mental health it can be really helpful for you and your child to go to your GP to talk things through and get further advice and support; such as counselling or medication.

- **Charities**



There are many charities which offer free support to young people and their families to help them through mental health difficulties and the challenges they can present.

- **Counselling**



Charities usually provide free or heavily subsidised counselling support but have long waiting lists whereas private counsellors can be accessed far more quickly but do charge for their services.

Young Person Mental Health Charities

<p>Addaction</p> <p>Addiction Support</p> <p>020 7251 5860</p> <p>info@addaction.org.uk</p>	<p>Anxiety UK</p> <p>Anxiety Support and Advice</p> <p>08444 775 774</p> <p>support@anxietyuk.org.uk</p>
<p>Beat</p> <p>Eating Disorder Support</p> <p>0808 801 0711</p> <p>fyp@b-eat.co.uk</p>	<p>ChildLine</p> <p>Helpline for Children and Young People</p> <p>0800 1111</p>
<p>Cruse Bereavement Care</p> <p>Bereavement Support</p> <p>0808 808 1677</p> <p>helpline@cruse.org.uk</p>	<p>Mind</p> <p>Mental Health Support</p> <p>020 8519 2122</p> <p>supporterservices@mind.org.uk</p>
<p>Papyrus</p> <p>Support for Suicidal Young People</p> <p>01925 572 444</p> <p>admin@papyrus-uk.org</p>	<p>Relate</p> <p>Relationship and Family Support</p> <p>0300 100 1234</p> <p>relate.enquiries@relate.org.uk</p>

<p style="text-align: center;">Samaritans</p> <p style="text-align: center;">General Support</p> <p style="text-align: center;">116 123</p> <p style="text-align: center;">jo@samaritans.org</p>	<p style="text-align: center;">Switchboard</p> <p style="text-align: center;">LGBT Support Helpline</p> <p style="text-align: center;">0300 330 0630</p>
<p style="text-align: center;">Young Minds</p> <p style="text-align: center;">Online advice and Forums</p> <p style="text-align: center;">www.youngminds.org.uk</p>	<p style="text-align: center;">Victim Support</p> <p style="text-align: center;">Support for Victims of Crime</p> <p style="text-align: center;">08 08 16 89 111</p>

Other Useful Contacts

Citizens Advice Bureau

Finance, employment, legal and housing advice

www.citizensadvice.org.uk

The Counselling Directory

List of private counsellors and counselling agencies which can be filtered by distance, client and problem

www.counselling-directory.org.uk

GOV.UK

Government services information

www.gov.uk

NHS Choices

Medical advice and information

www.nhs.uk

Free Counselling Services for Young People

Youth Enquiry Service

52 Frogmoor, High Wycombe, Buckinghamshire, HP52 5DG

Tel: 01494 437373

Information | Advice | Counselling

Distance: 6.85 miles

Way In

60 High Street, Sills Yard, Chesham, Buckinghamshire, HP5 1EP

Tel: 01494 791 177

Information | Advice | Counselling

Distance: 9.99 miles

Urban Access (Prev. Dacorum One Stop Shop)

The Gables, 3 St Mary's Road, Hemel Hempstead, Hertfordshire, HP2 5HL

Tel: 01923 239495

Information | Advice | Counselling

Distance: 16.46 miles

Sorted Counselling Services

Grove Corner, 76A High Street North, Dunstable, Bedfordshire, LU6 1NF

Tel: 01582891435

Counselling

Distance: 18.39 miles

No. 5 Youth Counselling and Information

2 to 4 Sackville Street, Reading, Berkshire, RG1 1NT

Tel: Counselling Phone: 0118 901 5668 Admin Phone: 0118 901 5649

Information | Counselling

Distance: 18.47 miles

Signpost

Advice Centre, St Mary's Churchyard, High Street, Watford, Hertfordshire, WD17 2BE

Tel: 01923 239495

Counselling

Distance: 19.72 miles

arc youth counselling

arc, 35 reading road, wokingham., Wokingham, Berkshire, RG41 1eg, England

Tel: +441189776710

Counselling

Distance: 20.57 miles

Youthline

The Lodge, Bagshot Road, Bracknell, Berkshire, RG12 7QS

Tel: 01344311200

Counselling

Distance: 21.11 miles

What do We Offer as a School?

Focussed Group Support Sessions:

- Self Esteem
- Social Skills
- Anger Management
- Anxiety

Counselling Support

One to one non-directive support.

Key Worker Support

One to one catch-ups with a specific member of staff for personalised support.

Tutor Support

Students can talk to their tutors during form time about any concerns they may have.

Peer Mentoring

Students are allocated a peer who they can talk to about any concerns they may have.

School Referrals

We can make referrals to outside agencies such as R U Safe, Youth Services, Addaction, School Nursing Service and CAMHS.

