

# WITH ME IN MIND

## Parent's Newsletter

ISSUE 4

### Help us to help you

When supporting young people with emotional difficulties it is important to involve parents and carers. When a child is accessing support around their mental health they may only see that worker for an hour a week. Parents are there 24 hours a day and know their child best.

We want to help parents to better understand mental health and how they can support their children.

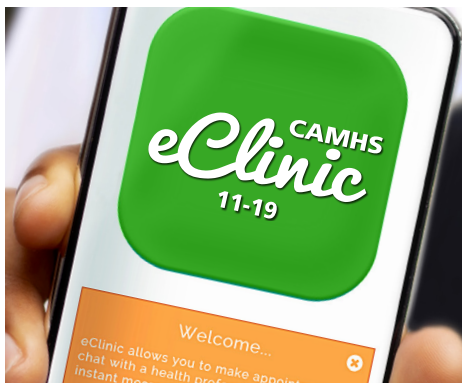
Some of the things that parents have already said would help them include:

- Practical advice and information for parents
- Having a named point of contact for parents
- Easier access to early intervention
- Parents support groups.

However we want to hear from you and what you think would help. By helping us to shape our services we can better understand what parents need and want in order to better support you and other parents alike.

Parents are part of the solution and may just need more guidance on how they can help their child.

If you would like to get more involved in the development of the service or have any ideas on how we can support parents we would love to hear from you. Please complete and send us the attached questionnaire to [rdash.with-me-in-mind@nhs.net](mailto:rdash.with-me-in-mind@nhs.net) or return the form to your child's school along with your contact details and one of the With Me In Mind workers will be in touch. Alternatively you can complete the survey via our survey monkey by following this link <https://www.surveymonkey.co.uk/r/J97Q5SN>



If you are worried about your child or they would like some further support then you can chat with our team through our FREE eClinics app.



Discuss any mental health related issues using instant messaging on your mobile or tablet. Download our FREE app on Google and Apple app stores.



Scan our QR code for a FREE direct download:



For further information visit:  
<http://www.withmeinmind.co.uk>

Follow us on:



Where to get further help and advice

NHS: <https://bit.ly/3m4vdBo>

With Me In Mind website: <http://www.withmeinmind.co.uk/videos/YoungMindsFreeParentsHelpline> for detailed advice, emotional support and signposting about a child or young person up to the age of 25: Call 0808 802 5544 or visit <https://bit.ly/3hnHJbO>

# We want to help parents be part of the solution

How do you think we could help parents help their children? Here are some things that we thought may be useful for parents, please let us know if you would find these helpful. However we are also keen to hear your ideas.

1. What school does your child/children currently attend?

2. Drop in sessions for parents to discuss any worries you might have.

At school  Yes  No

At a venue in the community  Yes  No

Other please state where

3. Information stalls during parents' evenings or school open days  Yes  No

4. Access to online direct messaging support with a worker through e-Clinics  Yes  No

5. Monthly newsletter for parents  Yes  No

If you think newsletters are a good idea what subjects would you like us to cover (such as managing worry, transitions, exam stress, service updates, other?)

6. Parent support group  Yes  No

7. Information leaflets for parents on how to support different emotional difficulties (for example top tips on how to support children with anxiety)  Yes  No

What topics do you think these leaflets should cover?

8. Would you be interested in attending the following Information/education/training sessions

• Improving general wellbeing  Yes  No

• Understanding anxiety and managing worry  Yes  No

• The importance of sleep  Yes  No

• Exam stress workshop  Yes  No

• Other please state

9. Attendance at school based sessions such as stay and play craft session or coffee mornings to offer informal discussions with parents  Yes  No

10. Would you be interested in helping to shape our service moving forward to improve parental support by attending regular meetings with the With Me in Mind team and other parents?  Yes  No

If yes please provide your contact details below or email [rdash.with-me-in-mind@nhs.net](mailto:rdash.with-me-in-mind@nhs.net). Please include your name, a telephone number and/or email address.

11. Any other ideas that you would like to share