

## **Mental health and wellbeing: information for parents and carers of primary aged children**

Peasedown St John Primary School takes the emotional health and wellbeing of every child seriously. We believe that the school can help pupils build resilience and support them to be mentally healthy. Our mental health and wellbeing policy sets out how we do this.

We all have ups and downs in life, but in childhood it can be particularly hard to cope with sad feelings and worries that arise when things are hard or scary. There may be times when your child is unhappy or struggling emotionally. You may notice that they seem low or worried or that their behaviour changes. We may notice that they seem withdrawn or upset at school.

If you are worried about your child's mental health then you are not alone. Many parents and carers have similar worries and stresses. There is good support available from local and national organisations. The sooner you seek help the better for your child and you.

The leaflet: [\*Mental health problems in children and young people: guidance for parents and carers\*](#) provides some useful tips for helping your child plus links to local and national services.

### **Local services for children**

- **The School**  
Please talk to us about your concerns, so that we can work together to help your child feel better. Please speak to your child's teacher, or make an appointment to talk to Mrs Jenny Tombs, Assistant Head (Pupil Inclusion and Safeguarding).
- **Your GP**  
A GP can check any physical symptoms linked to your child's health and talk with you about their emotional well-being; making a referral to a specialist service if necessary.
- **The School Nurse**  
Parents/carers can contact the Bath and North East Somerset School Nurse Service for advice and support on a range of health issues. Our school nurse is Catherine De Visser and the number to call is 01761 408 111.
- **Child and Adolescent Mental Health Service (CAMHS)**  
A free NHS service that assesses and treats 0-18-year olds with emotional, behavioural or mental health difficulties.
- **Off the Record** Counselling service for young people aged 10-25 years old.

## Websites that offer information and advice

The following organisations provide reliable information and advice to help parent/carers to support their child when experiencing emotional difficulties:-

[Young Minds: - Help for Parents](#) Information about all aspects of child mental health, including a Parent Helpline 0800 802 5544.

[You're Never too Young to Talk Mental Health](#) – leaflet for parent/carers of primary aged children.

[Childline](#) Lots of information and tips for children of all ages about feelings and difficult situations.

[Minded for Families](#) Free learning resource about mental health for parents and carers.

[Happy Maps](#) Lots of information about health topics including mental health, organised under different age groups including pre-school and primary age.

## Looking after your own mental health

In order to support your child, you need to stay strong and well yourself. It isn't easy being a parent or carer especially when you are experiencing problems of your own such as relationship difficulties, money worries, problems with work. Often it helps to talk to someone, so don't be scared about doing this, with friends, family, your GP or a support service. The following organisations can also offer information and advice to help you.

### [The Wellbeing College](#)

Directory and database of groups, activities and courses in the community that can support adult wellbeing.

### [Talking Therapies](#)

Accessed through G.P or self-referral.

### [MyScript- Social prescribing service](#)

Available to anyone registered with a GP in B&NES. This service provides support in finding specialist services and community groups to help individuals experiencing mental health and wellbeing issues to take control of their situation.

### [Bath Mind](#)

Tel: 01225 316199

<https://www.bathmind.org.uk/>

[Samaritans](#). Tel: free 116 123

[NHS Choices: moodzone](#). Helps manage stress, anxiety, depression.

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing>

[CALM Campaign against living miserably](#)

## **Agencies and services to support parents and carers in vulnerable situations**

### **[B&NES Directory of services: Wellbeing Options](#)**

Links to a range of services supporting physical, social and emotional needs across the area.

**[1 Big Database](#)** links to a wide range of useful information for families including Ofsted registered childcare, parenting support, groups, clubs and events.

### **[Rainbow Resource](#)**

Signposts to organisations, services, support, activities and groups for children and young people aged 0-25 with additional needs.

### **[Citizens Advice B&NES](#)**

Independent charity that provides free, impartial advice and information on a range of issues including housing, employment and debt.

**The information on this page has been provided by B&NES Council Public Health Team**

