

# Spotlight on ....



Did you know  
1 in 10 children  
suffer from Mental  
Health issues

The emotional wellbeing of children is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

**With rising numbers of children and young people needing support with their mental health, here are some tips to help you and your family.**

Visit The parent section on **Young Minds website** for further advice. -

<https://youngminds.org.uk/find-help/for-parents/>

**Notice any changes in your child's behaviour** - Young people tell us how they're feeling in many ways, not always verbally.

**Talk openly about mental health** - Just as you might encourage them to eat fruit and veg to keep their bodies healthy, talk openly about, for example, staying connected with others or being physically active in order to take care of our minds. Talking to your child honestly about their mental health can reduce any fear or confusion they may be feeling, and help them understand their actions and behaviour

**Think about the five ways to wellbeing** - Are there things you can encourage them to do, or do together, each day? Mental wellbeing is about feeling good about yourself and be able to function well individually or in a relationship. It doesn't mean feeling happy all the time, but being able to cope with the challenges we face, making the most of opportunities and feeling a sense of purpose

**Keep track of their mental wellbeing** - It is a good idea to keep track of your child's wellbeing, to make sure that they are ok. If you keep an eye on how they are, you will be able to notice if they are having difficulties and deal with any issues quickly.

## Other useful sites

<https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

<https://mindfulmonsters.co.uk/>

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

Mental health is not a destination, but a process. It's about how you drive, not where you're going