

# Concerned about your child's mental health?



MindEd for Families provides expert information and practical advice on supporting yourself, your child and your family through challenging circumstances.

[www.minded.org.uk/families](http://www.minded.org.uk/families)

## I'm worried and don't know what to do...

### Practical support for family members

- Building confidence and resilience
- Finding helpful information
- Keeping ourselves strong
- Should I be worried?
- What should I do if I am worried?
- What to do in a crisis?
- Who can help us?
- Medication

## Why is my child behaving like this?

### Understanding child mental health and behaviour

- Attachment
- Child and teen development
- Common problems
- Death and loss (including pets)
- Diagnosis
- Eating disorders
- Refusal to go to school
- Risky behaviour
- Sexual orientation and gender
- Sleep and adolescence
- Substances, alcohol and aerosols
- Trauma and coping
- Child sexual abuse and exploitation

## Am I doing the right thing for my child?

### Expert advice on parenting and mental health

- Bullying and what to do as a parent
- Everyday parenting
- Families and their difficulties
- Parenting in a digital world
- Parenting the child with issues
- Speaking up for your child
- Talking to my child
- Top parenting tips

## I just don't understand mental health services!

### Helpful guidance on services and settings

- Children's Social Care referral
- Setting up a support group
- The journey around inpatient care
- Transition to adult services
- Transitions during education
- Young people and criminal justice

# MindEd for Families

MindEd for Families is a vital online resource providing evidence based advice and information for family members or caregivers concerned about their child's mental health.



## Families can access online information and practical advice on a wide range of areas, including:

- ✓ Supporting a child in difficult circumstances
- ✓ Coping strategies and building resilience
- ✓ When to get help
- ✓ Nurturing and building healthy family relationships
- ✓ Coping in crisis situations
- ✓ Feelings of isolation

Developed in partnership with YoungMinds and co-written with parents and carers, the resources are **engaging, interactive** and **accessible** on all mobile and tablet devices.

**Please share this resource with your families today!**



## Contact us:

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**[www.minded.org.uk/families](http://www.minded.org.uk/families)**



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