



Children's Mental Health Awareness Week February 5th - 11th 2024

Read on for some great resources aimed at supporting and promoting emotional health, and mental wellness for our children and the whole family.

The following links provide a list of ways to get support for mental health as well as specific helplines for varying needs.

[Mental Health Helpline for Urgent Help - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Useful contacts - 11-18 year old's mental health - Mind](#)

Please contact us if you require further support. Parent Carer Champions support Parents and Carers of children aged 10 - 18 years of age who may be:

- * At risk of exclusion, or have been excluded.
- * Vulnerable due to additional needs including SEN and SEMH
 - * Refusing to attend school
 - * Misusing substances and/or alcohol

If you are a parent or carer struggling with any difficulties in the home or concerns for your child outside of the home, that are not listed here, please do reach out, we will do our best to find ways to support you.

For regular updates, subscribe to our channels below!!

[Brilliant Parents YouTube](#)

[Brilliant Parents Webinars](#)

[Brilliant Parents Hillingdon Facebook](#)

[Brilliant Parents Parent Carer Champions](#)



MY VOICE MATTERS

Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK

10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH

Here are some brilliant tips from young people just like you on how you can look after your mental health.



1 Don't keep it all to yourself and spend too much time in your own head. This can sometimes make it keep piling up, and make you feel worse.

2 Talk to someone you trust and feel comfortable with – a teacher, parent, sibling, cousin, friend... if you can't think of anyone and need to talk, try talking to someone like Shout by texting SHOUT to 85258 for free.

3 Write your thoughts and feelings down.

4 Keep in contact with people, don't isolate yourself.

5 Don't dismiss your feelings because you think they aren't valid. Everything you feel is valid and important to you.

6 Focus on the good parts of your life and doing what you love, rather than the negative.

7 If you feel like harming yourself then tell someone you trust and distract yourself in the meanwhile.

8 Do something you enjoy to help you relax and have a break – watch a film, play a game, watch your favourite YouTuber, listen to music.

9 Be your own best friend because at the end of the day, you're stuck with you – so look after yourself!

10 Remember that you're not alone, even if it sometimes feels like you are.

*With thanks to students at Stewards Academy and Ark Globe Academy



ASK FOR HELP

Let your family, friends, and teachers know if you are struggling so that they can support you.

If you're feeling overwhelmed and need to talk:

- Text P2B to 85258 for free to speak to Shout
- Call 0800 1111 to speak to Childline, or visit
- [childline.org.uk](https://www.childline.org.uk) for their free online chat
- Visit [place2be.org.uk/help](https://www.place2be.org.uk/help) for more advice

Since 2015, Children's Mental Health Week, initiated by the charity Place To Be, has annually raised awareness about kids' mental health. Continually enriching its resource library, the initiative provides easy access to relevant information on their official website for parents, children, and young people.



The Limbic System Explained

Supporting you with ways to help you and your child regulate



A resource to support the webinar delivered by Nicola Reekie & Nanny Aut ([Inside Aut](#))

Jan 2024

The PDA Space Portal
(www.thepdaspace.com)

Created by Helen Edgar



Click on the image above to access this mini resource giving a quick and simplified breakdown of the brain's control centre known as Limbic System,

focussing on the role of the Amygdala which plays a big part in a person's ability to emotionally regulate.



The Compassion Initiative

'You don't understand the sentence until....'

Click on the image to watch the video from The Daniel Spargo-Mabbs Foundation YouTube channel.

Harry talks about the life and 'big picture' in support of mental health.

The Daniel Spargo-Mabbs Foundation is a drug and alcohol education charity that aims to support young people to make safe choices about drugs and alcohol and reduce harm. We do this through increasing understanding of the effects and risks, and helping to develop life skills and resilience.

Check out their page on ['Choice, Risk and The Teenage Brain.'](#)

Our Parent Carer Champions recently received training from this amazing Charity, get in touch if you are interested in finding out more about this.

“ We’re facing a young people’s mental health emergency. But here at YoungMinds, we’re facing it with hope and optimism. We believe in young people and their ability to change things for themselves and for each other. That’s why we aim to connect with as many young people as possible and the trusted adults around them, working with strength, determination and heart to turn the tide on the young people’s mental health crisis.”

Laura Bunt, Chief Executive at YoungMinds

The Young Minds website is full of resources to support children and young people's mental health. They provide practical advice, guidance for understanding different mental health issues, advice on getting support from mental health services, and much more, with different sections for young people and for parents.

The Young Minds Parent Helpline is for parents who are concerned about their child's or young person's Mental Health. You can call free on 0808 802 5544 , there is also a chat service option which you can access through their website.

[Parents Helpline](#) | [Mental Health Help for Your Child](#) | [YoungMinds](#)



**Andrez Harriott BSc, PgCert, PgDip,
Chief Executive Officer & Founder
The Liminality Group**



Brilliant Parents presents

Mental Health in Children and Young People

with Dr Fin Williams and Andrez Harriott

This was an immensely popular webinar and our recommended watch this week [click here to view](#)

The Brilliant Parents YouTube Channel has a webinar playlist all aimed at supporting the emotional wellbeing of the family unit as a whole. You can access these at a time that suits you. Do get in touch if you wish to discuss further support options.

Targeted programmes for children and adolescents

Fun and free sessions and workshops for 8 to 24-year-olds who live, learn or earn in Hillingdon and may benefit from additional targeted support.

#DOSOMETHINGTHISHALFTERM

The Parent Champion Volunteer Programme

This programme focuses on supporting the well-being of parents who are going through particularly challenging times with their teenage child (10-17years). Through peer-to-peer support via a once-a-week call or zoom, a parent can benefit from the experience and understanding of another parent, known as a Parent Carer Champion; a trained volunteer with lived experience of parenting and overcoming challenging times. Our next volunteer training schedule is beginning this month, and we are asking you to consider who you know that might be interested in this opportunity to use their own experiences and help a parent who may otherwise be feeling isolated and require support from a befriender.

Contact Sarah on 07495 024 449 / sarah.rust@brilliantparents.org

Testimonials

These are a few comments from parents with children who have gone through The Parenting Apart Programme and wanted to share with you their experiences. You can find many more on our website.

Mother

“ I could not be happier with the service that the Parenting Apart Programme provided. Not only was it professional throughout, I can honestly say that it was incredibly supportive through some of the more difficult times. The support continued after court was finalised also and I couldn't be more thankful for that. ”

Father

“ The PAP has helped me to work out differences and compromises for the well-being of my son. It's also taught me how to engage with my ex and communicate in a good manner as a baby can pick up on behaviours... I would recommend PAP to anyone in the situation I have been in as I now get to spend quality time with my son which is important for his upbringing. ”

Mother

“ After a difficult break up with my ex-partner and the stressful, scary and emotional process of going to court over contact issues we were introduced to PAP... The Parenting Apart Programme has enabled us to build a positive relationship with my ex-partner that has been immeasurable for our son in so many ways. ”

Father

“ The PAP is a more cost effective solution to the Court process and furthermore, PAP involvement leads to an easier/softer path as contact progresses. No parent should want to embroil themselves in litigation if it can be avoided... ”

How You Can Access The Parenting Apart Programme...

The Parenting Apart Programme is identified by Courts, Solicitors, and other professionals, as another form of alternative dispute resolution including Local Authorities. The programme is an evidence based intervention to reduce parental conflict.

You can also self-refer and contact us directly and we can send information of the PAP to you and the other parent for your consideration.

For more information on the PAP please use the contact details below.



The Parenting Apart Programme

Supporting Parents going through conflict, divorce or separation, and most importantly supporting the emotional wellbeing of Children throughout.



☎ 01562 700447

✉ enquiries@parentingapartprogramme.co.uk

🌐 www.parentingapartprogramme.co.uk

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The Parenting Apart Programme

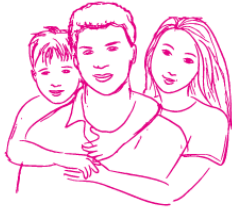
Supporting Parents going through conflict, divorce or separation, and most importantly supporting the emotional wellbeing of children throughout.

Brilliant Parents have been working with the London Borough of Hillingdon and Stronger Families to support the Parenting Apart Programme. If you would like any further information please contact Sarah on 07495 024 449 / sarah.rust@brilliantparents.org

How can M-PACT help your family?

M-PACT is a programme that helps parents and children, aged 8-17, talk more openly and safely about the effects of parental drug and/or alcohol misuse on the whole family and gives them new tools to move forward positively.

"It made us realise how much we had kept from our child, how much we had hidden and not talked about"



In order to take part in the programme, you will need to come for an initial meeting where you will find out more about M-PACT and we can answer any questions you might have. After that, you will come together every week for 8 weeks with a number of families in similar circumstances.

M-PACT is run by people who understand how families are affected by drug and/or alcohol problems. They help make it possible for parents and children to understand each other better.

"You won't fight for yourself, but you'll fight for your children... I want them to feel safe and secure, and therefore happy"



The sessions provide a safe space to talk about difficult things and to learn how to cope better and move forward positively.

Making a positive change

Each week M-PACT can help your family become closer, more caring, understanding and supportive towards each other. Everyone is there to help improve their lives and the lives of the ones they love as well as have fun along the way.

"M-PACT made us all feel good about ourselves. I think the girls felt positive about themselves"



Results show that families have a better understanding of addiction, are able to communicate positively, are more united, safer and healthier as a result of attending M-PACT.

M-PACT
Moving Parents And Children Together

Moving Parents and Children Together

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Brilliant Parents are working with the London Borough of Hillingdon and SORTED to deliver the M-Pact programme. If you would like any further information on the programme and if it may be right for your family you can contact Sarah on 07495 024 449 / sarah.rust@brilliantparents.org , or directly speak with Ania the MPACT Programme Manager at AFrejlich-Botha@hillingdon.gov.uk

Brilliant Parents provides parenting courses and support for families in London and beyond; our work specialises in delivering parenting programmes for parents with early years children and teenagers. We see safeguarding as everyone's responsibility and have a duty of care to safeguard the well-being of not just our service users but especially their children (aged 18 years and under), our staff, practitioners, and volunteers.

