

## Important Contacts

# YOUNGMINDS

Young Minds Parent Helpline is available to offer advice to parents and carers worried about a child or young person under 25.

You may have questions about a child's behaviour, emotional wellbeing, or mental health condition. You may have a child who's already been admitted to CAMHS and have questions about their treatment or want to know what to say to your GP when you visit them.

Phone: 0808 802 5544



If your child is finding it hard to look after their mental health and needs some help, they can call ChildLine.

### More tips and ideas:

Frustrated, annoyed or worried about something? Check out **ChildLine's** online graffiti wall! [www.childline.org.uk](http://www.childline.org.uk)

Explore **Cam's Den** to learn more about feelings – in this fun activity, rub a crayon to reveal a special message! [www.camsden.co.uk](http://www.camsden.co.uk)

Try these audio stories from **Cam's Den**, about feelings – [www.camsden.co.uk](http://www.camsden.co.uk)

Have a look at **CBeebies** for an interactive game exploring Tamba's different emotions at [www.bbc.co.uk/cbeebies](http://www.bbc.co.uk/cbeebies)

**ChildLine** have a short video about worries, which can also be called 'anxiety', at [www.childline.org.uk](http://www.childline.org.uk)

**Beat Bullying** have some great tips about staying safe and how to deal with bullying at [www.beatbullying.org](http://www.beatbullying.org)

The sky's the limit! Play **ChildLine's** fun game about not letting sad feelings weigh you down at [www.childline.org.uk](http://www.childline.org.uk)

## Keston Primary School & Nursery

a member of

## PACE Academy

## Trust



## Children's Mental Health



*Article 17: every child has the right to reliable information from a variety of sources*

## Who are CAMHS?

CAMHS stands for Child and Adolescent Mental Health Services.

'Child and adolescent' means children and teenagers aged 0-18 years.



In school, we celebrate Children's Mental Health Week. Children across the school learn more about mental health and have discussions about their feelings and emotions. Through the curriculum they are taught to find ways to stay healthy inside and out.

It can be greatly upsetting and distressing to know your child may be showing signs of mental health difficulties. Even when your child is slightly 'out of sorts', it can be hard to know when or whether to be worried, how to approach the situation, or where to turn for support.

## Top tips to support Children's Mental Health

There are some simple things that you can do to look after your child's mental health. Here are CAMHS' top tips:

- Eat good food
- Keep active
- Talk to others
- Believe in yourself
- Take time to chill out and relax
- Get plenty of sleep

## Six ways to support conversations about your child's mental health:

- 1) Encourage conversation
- 2) Be patient
- 3) Be present
- 4) Don't overreact
- 5) Look after yourself
- 6) Seek help from school and professionals if you or your child needs it

**IT'S OKAY TO  
NOT BE OKAY**