



KIND MOTIVATED SUCCESSFUL

Advice for Families with Mental Health

In this section, you will find links to helpful information and advice about different services provided in how to best support your child with his/her mental health.

What is mental health?

Mental health is the way we think and feel. It is important for children to know we all go through times when we feel worried, confused or down. Mental health problems are when difficulties get in the way of how we think and feel. This can mean that we find it hard to cope with family life, relationships, school or the wider world.

Where can I get support from?

These different services will support your child with acknowledging their mental health and will give advice on things they can do to keep it themselves mentally healthy.

<http://oxfordhealth.nhs.uk/camhs/oxon/> - a free service with lots of guidance on how to support your child

<https://www.kooth.com/> - a free service that will support children (young adults) in how they are feeling.

<https://youngminds.org.uk/> - lots of support and guidance for children and families

0800 8025544 – Young Minds Parent Information Service

<https://www.ouh.nhs.uk/patient-guide/leaflets/files/12961Pharm.pdf> - guidance to support families whose child is self-harming

<https://www.familylives.org.uk/> - family support

<https://www.headspace.com/> - a free resources with helping to relieve stress and anxieties through meditation

Want to make a referral for further support for more urgent cases?

If you are greatly concerned about your child's mental health, please discuss this with their class teacher, visit your GP or make a self-referral to CAMHS (Child Adolescent Mental Health Services): <https://www.oxfordhealth.nhs.uk/camhs/refer/>