What children and young people said those around them could do to help them with their worries ...

Ask me. Help me take my mind off things. Ask me to share my worries. Accept me. Let me vent. Talk to me. Be there for me. Listen to me. Reassure me. Support me. Smile at me. Be nice to me. Distract me. Try new things with me. Don't dismiss me. Don't criticise me. Ask me how I am.

What strategies children and young people said they do to help them with their worries ...

Distracting myself with something I enjoy. Positive thinking. Spending time with friends. Writing things down. Being kind to yourself. Time away from technology. Laughter. Being outside. Listening to music.

Apps and websites to support mental health and wellbeing

WellMind is your free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression and to improve your mental health and boost your wellbeing.

Moodfit allows you to set daily goals to help improve mental wellbeing. It also helps you to understand the link between mood and other factors like sleep and exercise.

Smiling Mind is a free Mindfulness App with a wide range of meditations and relaxation tracks for all ages from young children to adults.

Other Apps and websites

For a selection of apps and websites visit NHS Ayrshire & Arran Better health website: **www.nhsaaa.net/better-health/topics/mental-health-and-wellbeing/**

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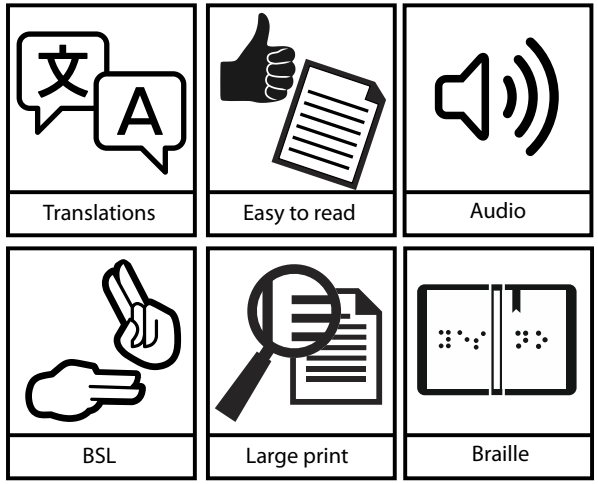
We are happy to consider requests for this publication in other languages or formats such as large print.



Call: 01563 825856

Email: pil@aapct.scot.nhs.uk

reviewed for plain English

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Improving children and young people's mental health and wellbeing

Information for parents and carers



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NHS Ayrshire & Arran

Mental health and wellbeing is about how we think and feel and how we cope with day-to-day life. Good mental health and wellbeing helps us enjoy life and cope well with life's challenges.
In the same way we all have physical health, we all have mental health and we need to look after it.

Day-to-day tips for how you can support your child's mental health

- **Talk openly about mental health** – For example, just as you might encourage them to eat fruit and vegetables to keep their bodies healthy, talk openly about being physically active in order to take care of our minds.
- **Model good habits** – Children often learn from copying what they see around them. If you are taking care of your own mental health, it's easier for them to see what good habits look like.
- **Think about your child's and your own phone usage** – We don't fully understand the impact of social media on our mental health but using phones and laptops can impact on our sleep, which is important to our mental health. We're also more likely to listen to one another if we're not distracted by technology.
- **Notice any changes in your child's behaviour** – Young people tell us how they're feeling in many ways, not always by talking to us. Learning what is normal for your child makes it easier to notice when things change, which may be a sign that they're struggling.

How to have a conversation about mental health with a child or young person

- Encourage your child or young person to share their thoughts and experiences by asking **questions that help with conversation**, for example, "How did your day go today?".
- Try to **understand the situation** that your child or young person is in without judging them.
- Make **regular time to talk** to children about how they are feeling.
- **Taking part in other activities** during the conversation can be helpful.
- Listen carefully, be patient and friendly and **give your full attention.**

Ten ways to improve your mental health and wellbeing

We can all do simple things to maintain good mental health and wellbeing. Visit our website and click on each of the tips for a link to more information:

https://www.nhsaaa.net/better-health/topics/mental-health-and-wellbeing/











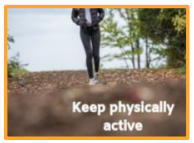





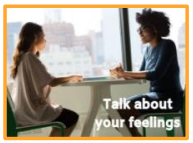



If you are worried or need someone to talk to, below are some telephone help lines that offer confidential support:

- **Parentline – 0808 028 22 33**
- **Breathing Space – 0800 83 85 87**
- **Childline – 0800 1111**
- **NHS 24 – 111**

