

PARENT/CARER SUPPORT

(Click the below links to view some helpful resources!)

OTR Parent Pack (otrbristol.org.uk/parents-and-professionals)

This can be useful for parents and carers when having conversations with young people around mental health.

Young Minds (youngminds.org.uk)

Their website (including a parent section and parent helpline) can be helpful with how to understand better and cope with self-harm and anger, for example.

CMH Workshops (facebook.com/cmhworkshops)

Short for 'Children's Mental Health', they run workshops and charge a fee to attend.

Parental Minds (parentalminds.org.uk)

Charlie Waller Trust (charliewaller.org/parent-carer)

CAMHS Advice & Guidance: Mental Health Resources for Children and Young People

Send and You (sendandyou.org.uk)

Anna Freud National Centre for Children and Families (annafreud.org)

This May Help (thismayhelp.me)

Parenting Mental Health (facebook.com/groups/parentingmentalhealth)

Rollercoaster Parent Support Project (facebook.com/rollercoasterparentsupport)

Dr Mona Delahooke (monadelahooke.com)

The author of 'Brain-Body Parenting: How to Stop Managing Behaviour and Start Raising Joyful, Resilient Kids'.

On Boys (on-boys-podcast.com)

Podcast and email newsletters.

Book: 'How to Talk So Kids Will Listen & Listen So Kids Will Talk' by Adele Faber and Elaine Mazlish (available from Libraries West in Bristol)

Article: 'Mothers, You Did Not Cause Your Child's Problems' (Psychology Today)

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