

Support for Parents...

Positive mental health and wellbeing advice for parents and carers

There are little things we can all do to help look after our mental health. Having good mental health helps us relax more, achieve more, enjoy our lives and puts you in a better position to support your child.



Top tips to support your own mental health / Looking after yourself:

Don't struggle alone - if things are getting you down, it's important to recognise this. Talk to someone you trust and see what they think.

Ask for help - friends and family can often help, don't be afraid to ask them to supervise your child for a while if you need some time out to sort out your own stuff.

Take time for yourself - take some time to exercise or enjoy your own hobbies. .

Don't blame yourself - if your child is having problems, don't be too hard on yourself or blame yourself. Although it can be upsetting and worrying if your child is having a bad time, and it makes your relationship with them feel more stressful, you are not a bad parent. Children often take it out on those closest to them, so you might be feeling the effect of their very powerful emotions.

You're doing everything you can - it can be easy for worries to take over, but remember you are doing your best.

Speak to your GP if you're struggling to cope - Go to your GP if things are really getting on top of you. Asking for some support from your doctor or a referral to a counselling service is a sign of strength.



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Support and advice with...	
Divorce	Gingerbread offer support for single parents in England and Wales including advice and information on child support, benefits, tax credits and your child's contact with their other parent. You can contact Gingerbread on: 0808 802 0925
Domestic abuse	IDAS is the largest specialist charity in Yorkshire supporting anyone experiencing or affected by domestic abuse or sexual violence. You can visit their website: www.idas.org.uk
Gambling	The NHS Northern Gambling Service provides specialist addiction therapy in the north of England, including the north Midlands. Call them on 0300 3001490
Drugs and alcohol	Horizons Harrogate provides tailored support programme to help you on your recovery journey from drug addiction. You can see their website or call 01723 330 730
Money management / Housing Concerns	Citizens Advice provides advice on dealing with debt, bailiffs, bankruptcy, pensions, tax, budgeting and more. Please visit their website: www.citizensadvice.org.uk

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Support and advice with...	
Accessing local foodbank	Please visit harrogedistrict.foodbank.org.uk for information on foodbanks within the local area. The Trussell Trust (www.trusselltrust.org) also has some further information.
Bereavement	Just 'B' offers expert emotional wellbeing and bereavement support to children, young people and adults across the communities of North Yorkshire. Please visit their website for more information.

Websites for General Support and Advice for adults...



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