Greater Manchester Mental Health NHS Foundation Trust

Care Plan/Keep Safe Plan

Advice for Parents/Carers

If you are worried about your child's emotional wellbeing or mental health, it can be difficult to know how to help. Here are some useful tips and advice for supporting them and how to access help if you need it.

How can I help my child?

- **Look out for signs of change** - notice when they seem upset, withdrawn or irritable. Help them to stay healthy, including getting enough sleep, eating well, and balancing school work with hobbies. Encourage them to use online advice and support lines if they need to.
- **Encourage them to talk about their worries** - don't worry if your child doesn't want to say much. Sometimes just knowing their parent or carer is there and willing to listen is enough. They may open up more later when they feel confident enough to do so. Try to avoid asking your child lots of questions all at once.
- **Keep Calm -** Try not to get into a hostile confrontation.
- **Increase supervision -** Keep an eye on your child but avoid 'policing' them because this can increase their risk of self-harming.
- **Seek professional help**. Your child may need a risk assessment from a qualified mental health professional. Talk to your GP and explore whether your child can be referred to your local Child and Adolescent Mental Health Services (CAMHS).
- **Keep the house safe** - some young people may have urges to harm themselves in a crisis so it's important to keep all medicines locked away, including painkillers like paracetamol. Remove sharp objects like razor blades from communal areas such as the bathroom, and store chemicals like bleach and tools like craft knifes away safely, in a locked cupboard or drawer if possible.

Who can support me and my child?

- Wigan CAMHS and speak with Duty Team – open Monday – Friday and between hours of 9am – 5pm. Tel: 01942 764473
- You can get support from your child's school through the school's pastoral support/SENCO or head of year, particularly if your child is struggling in school.
- You can get support from Startwell (Wigan Social Care) which offers support in all areas of a child and family's life.
- Support for yourself can be accessed through your GP. You could also try speaking to your family, friends or faith leader for emotional support.
- Helplines such as Samaritans and PAPYRUS provide out of hours support to those who are struggling. More information can be found on their website**.**

Greater Manchester Mental Health NHS Foundation Trust

Where can I get information, support and advice?

Minded For Families (website) has a wide range of Department of Health resources on many topics including low mood, self-harm and anxiety, as well as advice and tools for supporting your child during a crisis. Visit: www.mindedforfamilies.org.uk

Young Minds (website) has a range of resources and information for both young people and parents. Visit: www.youngminds.org.uk/find-help

What should I do in a crisis or emergency?

If you feel that your child is at risk and you can't manage this on your own, or if they have harmed themselves or are making serious threats about harming themselves, we would advise you to visit your nearest A&E department to get immediate help.

Useful Contacts	
Emergency Services (Police, Ambulance etc) Call: 999	24 Hours and 7 days a week
Wigan CAMHS Call: 01942 764473	Open Monday – Friday 9am-5pm
Papyrus Hopeline Call: 0800 068 4141 Text: 07786209697 or Email: pat@papyrus-uk.org	10am – 10pm weekdays 2pm – 10pm weekends 2pm – 10pm bank holidays If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice
Samaritans Helpline Call: 116 123 Email: jo@samaritans.org	We're here round the clock, 24 hours a day, 365 days a year. If you need a response immediately, it's best to call us on the phone. This number is FREE to call. You don't have to be suicidal to call us.
YoungMinds Phone: Parents' helpline 0808 802 Website: www.youngminds.org	Young Minds provides lots of useful information regarding mental health and behaviour concerns for children and young people and has a variety supporting resources, as well as advice on where to get support and a parent helpline, which is free from mobiles and landlines. Parents Helpline on **0808 802 5544** (Monday to Friday, 9.30am–4pm)
NSPCC Phone: 0808 800 5000Email: help@nspcc.org.ukWebsite: www.nspcc.org.uk	Contact our trained helpline counsellors for 24/7 help, advice and support.
Wigan Mental Health Urgent Response Team 0800 051 3253	24/7 mental health crisis line for people of all ages in Wigan