**Supporting young people’s mental health and wellbeing: resources for parents and carers**

Below is a range of free to access resources designed to support your young person in maintaining their mental health as they return to school and experience the ‘new normal’.

Whilst lots of young people will have been coping well with lockdown, and maybe even found some benefits in it, others might be finding it a challenge. Seeing your child unhappy is really tough for any parent, no matter what their age and stage.

Although it sounds obvious to say it, the most important thing any of us can do is make time and space to listen to our young people- even if it’s just over a cup of tea in the kitchen, on the drive to granny’s, or during a walk with the dog.

We can also ask questions to show we are ready to listen. ‘How was school?’ is a huge question that’s difficult to answer; that’s why the most common response is ‘fine’! But, ‘Tell me about what the start of the day looked like’ or, ‘so how was lunch organised?’ seem more manageable.

Pupil Support Leaders will continue to work with young people to ensure that they have a trusted adult in school. However, we know that, in a busy school community, it’s not always possible to get the focused attention young people need straight away. Therefore, talking with your child about different strategies they can use and different people/sources they can get support from will help them to be resilient when things feel difficult.

As always, an important step for any concern you have about your child’s mental health is a conversation with your GP.

**Parent Club**

*Supporting your teens during COVID* (This includes both general advice and specific support re returning to school):

<https://www.parentclub.scot/topics/coronavirus/supporting-your-teen?age=0&gclid=EAIaIQobChMI_pb0qOiG6wIVGLLtCh0mWQPuEAAYASAAEgLlv_D_>

**Young minds**

This link leads to a specific coronavirus page but there is general support for mental health on this site, too:

<https://youngminds.org.uk/>

**The Mental Health Foundation**

This focuses more on coping with lockdown but social distancing will still be a reality for many young people, especially those with health conditions:

<https://www.mentalhealth.org.uk/coronavirus/coping-coronavirus-guide-young-people>

**UK Government**

The summary guides here are available for a range of languages:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

**Mypas**

Mypas is a local third sector organisation who work closely with schools across Midlothian:

<http://www.mypas.co.uk/looking-after-your-wellbeing-during-lockdown/>

We look forward to welcoming all of our young people back for the new session.