

## Parents & Carers looking after your own mental health

As well as thinking about the children or young people in your care, it is important to take care of your own mental health and wellbeing. Children and young people react, in part, to what they see from the adults around them. When parents and caregivers deal with a situation calmly and confidently, they can provide the best support for their children and young people. Parents and caregivers can be more supportive to others around them, especially children, if they are better prepared.

Please see advice on how to [look after your mental health and wellbeing](#) during the coronavirus (COVID-19) outbreak or visit [Every Mind Matters](#) for clear advice and actions to take care of your mental health and wellbeing.

You may be worried about supporting your family if you have to stay home – this can have a big impact on your mental health. For guidance on what your rights are at work, what benefits you are entitled to and what further support is available please see our [guidance for employees](#) or advice from [citizens advice](#) or the [National Debt line](#).

The child health team in Public Health, have created sessions on emotional health and wellbeing for families if you would like to access these please email the team at: [child.health@medway.gov.uk](mailto:child.health@medway.gov.uk) There are a range of mindful, emotional health and wellbeing activities as well as interactive activities.

Parenting isn't easy especially in these disconcerting times. If you are a single parent, you may be feeling lonely at times. The NHS have some amazing [resources](#) you may wish to navigate to help alleviate those feelings of loneliness.

Young minds have developed [top ten tips for parents](#) to help children deal with change as well as a parent's helpline 0808 8025544 open Mon -Fri 9.30am till 4pm.

The Child health team have developed separate information sheets for supporting your children and young people with their mental health. Please email on the address above if you would like to receive copies.

The Child health team will be developing videos on the [A Better Medway Facebook](#) page for parents and carers as well as children and young people to access a range of videos from physical health to emotional health as well as cookery classes and lots more.

If you have children under 18 then you're entitled to early help, if need support to help support your children i.e. health issues, child behaviour issues, worries about your income, housing situation or family life you can access the Early help team, call 01634 338746 or email [ehth@medway.gov.uk](mailto:ehth@medway.gov.uk) they can support you to develop an action plan to overcome the issues

If you have any concerns for your own mental health, you can contact: Medway Talking therapies by calling 0300 029 3000 or by emailing [medway@insighthealthcare.org](mailto:medway@insighthealthcare.org)

Find other local [mental health support](#) available please click on the link.

You may want to talk to someone immediately therefore call the Samaritans on: 116 123 or [visit their website](#)

If you're having suicidal thoughts, please call the emergency services In a medical emergency [call 999](#). This phone line should be used when someone is seriously ill or injured and their life is at risk. A mental health emergency should be taken as seriously as a physical health emergency. For more advice on where to get support for a mental health crisis please see this [NHS page](#).

Whether you're a parent or carer know that you're doing an amazing job, this pandemic is something that no one has experienced before therefore what we are doing is our best. You, your children and family members will learn so much about the world, themselves and others at this time. Be gentle with yourself and your children and relatives this is new and scary at times for them too. Be supportive of each other and concentrate on the future things you'll do together when this is over.

**#stayathome #everymindmatters**

For more information on child health: [childhealth@medway.gov.uk](mailto:childhealth@medway.gov.uk)

[abettermedway.co.uk](http://abettermedway.co.uk)