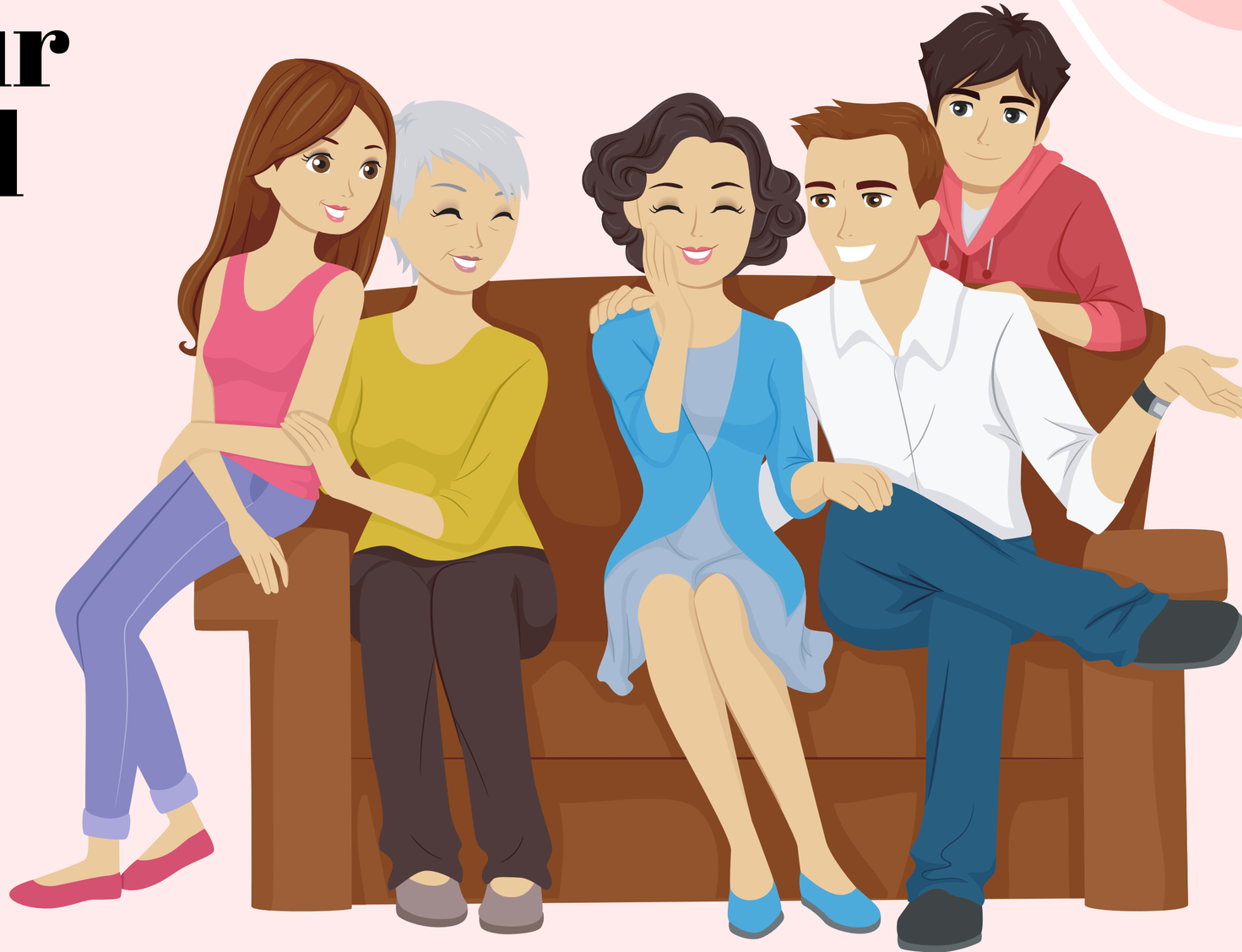
THE Lucy Rayner FOUNDATION

Supporting Your Families Mental Health

Parents Workshop facilitated by The Lucy Rayner Foundation



THE Lucy Rayner FOUNDATION

Meet The Team



Jenny Rayner

Founder and CEO of The Lucy Rayner Foundation - Mental Health Youth First Aid Instructor



Sandie Rhee

Counselling Service Manager



Sham Minhas

Mental Health Trainer/ Mindfulness Teacher

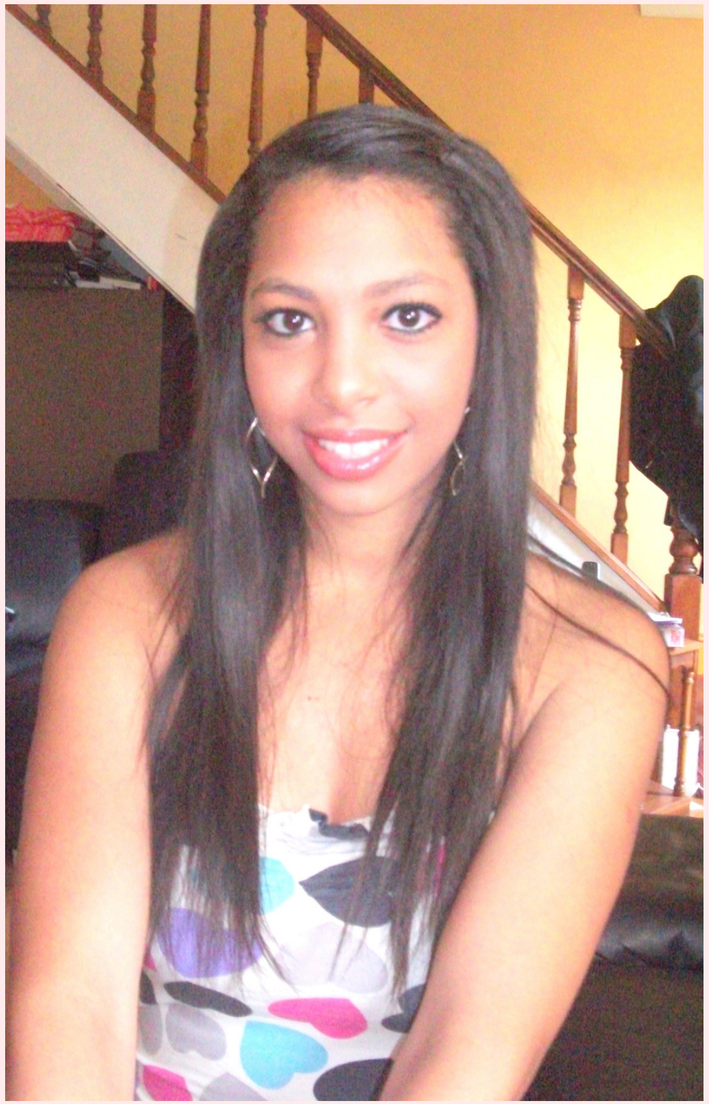


Becky Rayner

Training Communications and consultancy - Qualified Physical Education Teacher

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Lucy's Story



THE Lucy Rayner FOUNDATION

Our Services

Free Counselling

We offer FREE counselling for all young adults aged between 14 and 39 and have NO waiting list. Simply fill out the self referral form on our website to apply for support

Weekly mental health groups of Men and Women (Any age)

We run weekly support groups which offer a safe space for those who might be suffering with their mental health .

Just Talk Coffee Morning

On the first Sunday of every month we hold our Just Talk Coffee Morning which allows young adults and their parents to come along to The Old Fire Station in Horley, grab a coffee and have a chat with us about their mental health and what support they need.



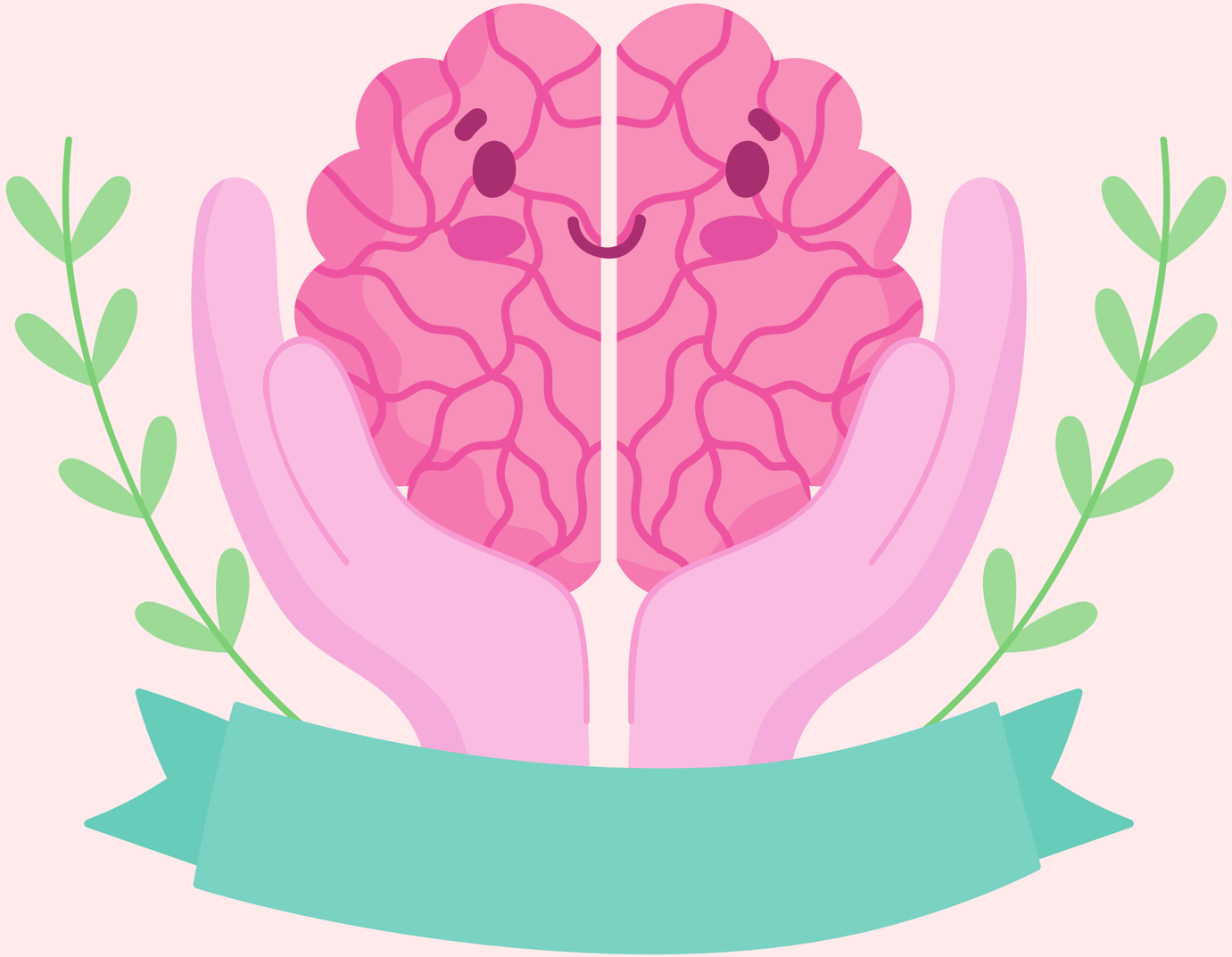
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Aims



- To understand what is meant by ‘Mental Health’.
- To have a basic understanding of some of the most common mental health problems in children and young people.
- Have awareness of the signs and symptoms of anxiety and other mental health issues in young children.
- Have increased confidence and skills to effectively support children in developing wellbeing and positive mental health.

So.. what is 'Mental Health'?

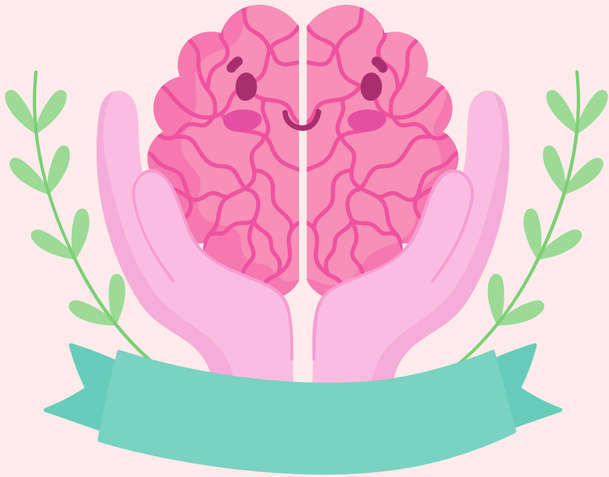


So.. what is 'Mental Health'?

- We all have Mental Health. Our Mental Health is made up of our feelings our thinking, our emotions and our moods. Looking after our own, and our children's mental health is so important.

- As parents, we all want our children to have the best possible start in life. Encouraging children to understand and be open about their feelings can give them the skills to cope with the ups and downs that life will throw at them as they grow up.

- www.annafreud.org



Mental Health in Young People

- Children and young people’s mental health has never been so high on the public agenda.

- The pandemic has led to unprecedented levels of demand for mental health support in children and young people.

- As parents it is important to be aware of warning signs that our child may be struggling. You can play a critical role in knowing when your child may need help.



Mental Health - The Facts



- One in six school-aged children have a mental health problem. This is an alarming rise from one in ten in 2004 and one in nine in 2017. (NHS Digital, 2020)

- Common mental health issues, such as depression and anxiety, are rapidly increasing amongst 16-24 year olds

- Anyone, from any walk of life or age, can self-harm including young children. Self-harm is most common in young people aged 11-25 years old.

Adolescence/Pre-Teens



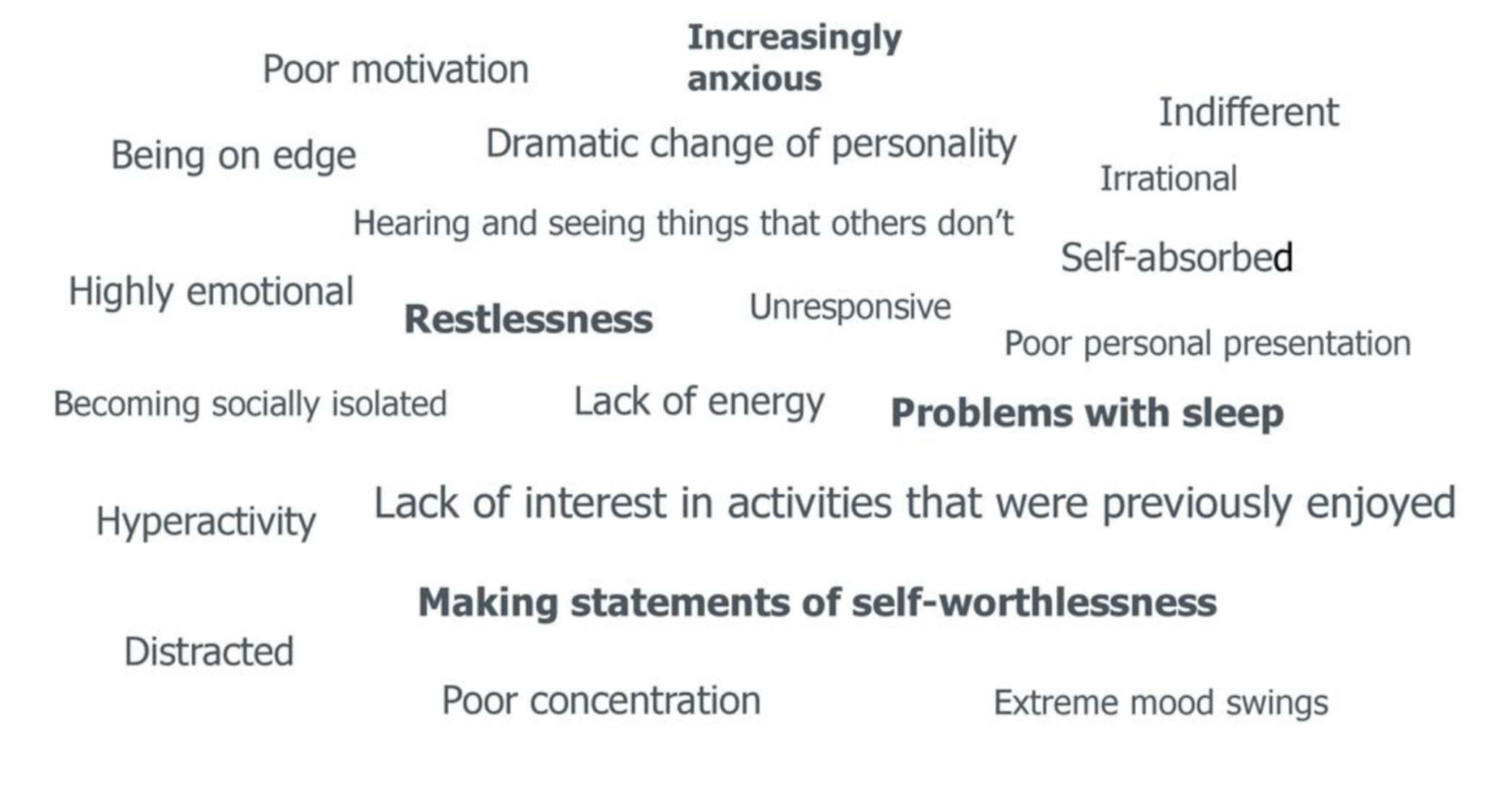
Apart from the early years, no other period of our lives comes with as many changes in the brain as our pre-teens and teens.

It’s perfectly normal for teenagers to experience a wide range of emotions – stress, happiness, sadness or anger – children/teens may need support to:

- Cope with and adapt to changes
- Express themselves and feel emotions
- Develop confidence and self-esteem
- Build good relationships

Poor mental wellbeing in teenagers may lead to issues such as lack of self-worth, social isolation, depression, self-harm or eating disorders.

Common Early signs of mental health problems



Examples of Mental Health

Anxiety & Panic Attacks

Anxiety is a normal emotion that we all experience. You might think of anxiety as feeling **stressed, tense, worried, uneasy or scared**. Most of the time these emotions are not a problem. They are **normal reactions** to our everyday life and can actually help us to **get things done on time** or **take extra care** when we need to.



However, if anxiety **starts to affect everyday life** or prevents a person from doing the things they'd normally do, it might be the **sign of a mental health problem**.

A person who experiences **anxiety** may also experience **panic attacks** if these feeling become **intense or overwhelming.**

Examples of Mental Health

Depression

Depression is when someone experiences a **low mood** that lasts for a **long time** and **affects their everyday life.**

Many people will experience **low moods** from time to time. However, if the feelings start to interfere with a person's life and **don't go away after a couple of weeks**, or recur often, this could be a **sign of depression.**



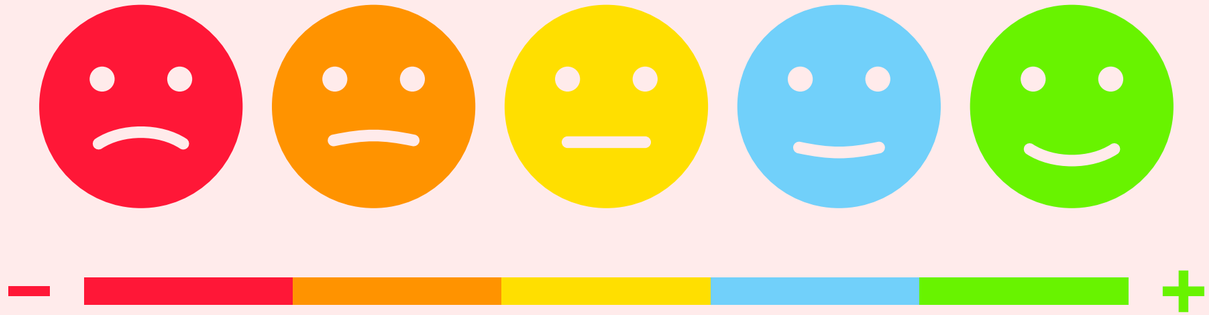
Signs and Symptoms of specific Mental Health Problems

Anxiety

- Fears of panic, fear and uneasiness
- Problems sleeping
- Shortness of breath
- Heart palpitations
- Nausea
- Dizziness
- Frequent toilet breaks

Depression

- Low moods
- Low self esteem
- Change in appetite
- Low energy
- Lack of will
- Excessive sleeping
- Inability to concentrate



Emotional Regulation

Big feelings that may present as an emotional outburst or melt down are all signs that the amygdala (the brains threat sensor) is upset.

To support our children to regulate their emotions we can;

- Validate their feelings.
- Model your own emotional regulation.
- Ensure that home and school environments are emotionally expressive.
- Teach strategies for self-regulation and self care.



Unhealthy Coping Mechanisms

The most common coping mechanisms which can be seen as an unhealthy way to cope with ill mental health are:





- Vaping
- Phone use
- Substance Abuse



Eating Disorders and Self Harm can be viewed as a coping mechanism linked with other serious mental health conditions such as depression, OCD and Anxiety.



Questions to ask before engaging in conversations about mental health.







Share your Thoughts

Conversation Starters

- **“How are you feeling at the moment?”**
- “You don’t seem your usual self today. Would you like to talk about anything?”
- **“You said something interesting the other day about how you felt when… How do you feel about it now?”**
- "Do you want to talk about what's going on at school?”
- **“What was the best bit of your day?”**
- “What was the worst bit of your day?”
- **“How can I support you through this?”**
- “Is there anything you need from me? Space, time to talk, time to do something fun?”

How to talk about Mental Health

Starting a conversation with your child about mental health? Try leading with these questions. Make sure you actively listen to your child's response.



- Can you tell me more about what is happening? How you are feeling?
- Have you had feelings like this in the past?
- Sometimes you need to talk to an adult about your feelings. I'm here to listen. How can I help you feel better?
- Do you feel like you want to talk to someone else about your problem?
- I'm worried about your safety. Can you tell me if you have thoughts about harming yourself

When talking about mental health with your child, remember to:

Listen	**Give your full attention:** We all know , it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions. **Look for clues about feelings:** Listen to the child's words, tone of voice and body language.
Validate	**Take it seriously:** Don't downplay what the child is saying or tell them they're "just being silly". **Remember we are all different:** Respect and value the child's feelings, even though they may be different to yours.
Communicate	**Communicate in a straightforward manner:** Let them know that you are there to support and listen to them without judgement. This will increase the likelihood that they'll come to you when they have a problem. Calmly stay with the feelings that arise, it can be our automatic reaction to steer away from difficult emotions.
Reassure	**Resist the urge to reassure them that everything is fine:** Praise them for telling you and reassure them that you will help get them the support they need, and that they do not need to face this alone

Distractions/Coping Mechanisms

Calm/Relieve Stress/Distract

- Going for a walk.
- Listening to sound.
- Creating something –drawing, music, writing, cooking, sculpture, crafts.
- Keeping a diary.
- Stroking or caring for a pet
- Watching TV or a movie
- Getting in touch with a friend.
- Listening to soothing music.
- Having a relaxing bath.
- Breathing exercises.
- Plan an activity or trip (such as volunteering or going to the cinema or park).
- Looking at self-help websites.













Further Support

Sign up to our 4 week Family Wellbeing programme!

- Throughout the 4-week programme we will be reflecting on supporting our families Mental Health & Wellbeing, as well as our own.

- We will be sharing useful strategies and tips that we can implement in the future when we face challenges that involve our child's wellbeing.

- By the end of the programme, we will have created a Family Mental health & Well being plan, specific to you and your family.



Sign up sheets will be on the stage at the end of the workshop

Where can you go for help?

School Teacher

School Nurse

Social Worker

Local Services

GP

Where can you go for help?













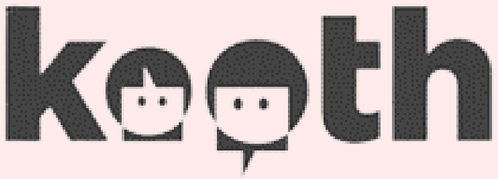














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LIFE IS WHAT YOU MAKE IT!

Make sure you have time and space to reflect and **look after yourself too**.

Dealing with complex behaviour and young people struggling with their mental health can be draining, upsetting and exhausting.

It is important to ensure that **YOU** are well supported too.

Q and A

Event Number: 12952

Thank you for coming!