Wellbeing + Mental Health Top Tips

to support your young person

As parents, we want to protect our children and solve their problems, but that isn't always possible, which can leave us feeling frustrated and helpless. At Hardenhuish School, we recognise these challenges and are committed to supporting students and their families. With growing awareness of mental health and wellbeing, a range of support and guidance is available to help young people thrive.

Open up conversations with these questions. You could do an activity together or even walk & talk.



"What's been the best part of your week so far, even if it's something tiny?"

"Did anything cool, funny, or weird happen to you yesterday?"

"Got anything good planned for the weekend, or are you just planning to sleep in?"

"What's taking up the most room in your brain right now?"

"Do you feel like you've got a decent balance between life, friends, and everything else at the moment?"



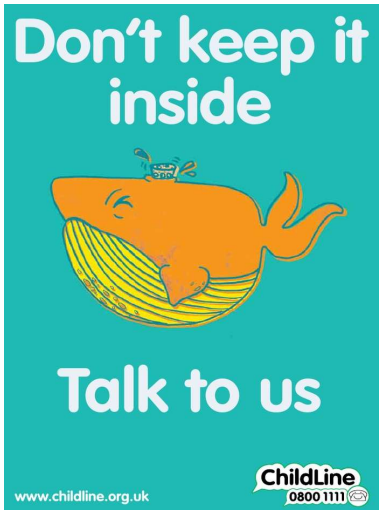
"Is there anything draining your battery more than usual this week?"

"If you could fast-forward through one thing happening this week, what would it be?"

"Are you getting decent sleep lately, or is your screen time ruining it?"

"Is there anything I can do to make things a bit easier or less annoying for you this week?"





YOUNGMiNDS
fighting for young people's mental health

Free & confidential support:

Search their **website**

Access their **Webchat**

Text **SHOUT** or **YM** to **85258**





Believe in children
Barnardo's

Barnardo's Family Space

TeenTalk

TeenTalk

Place 2Be

Parenting Smart Articles

Supporting Children & Young People Through Grief

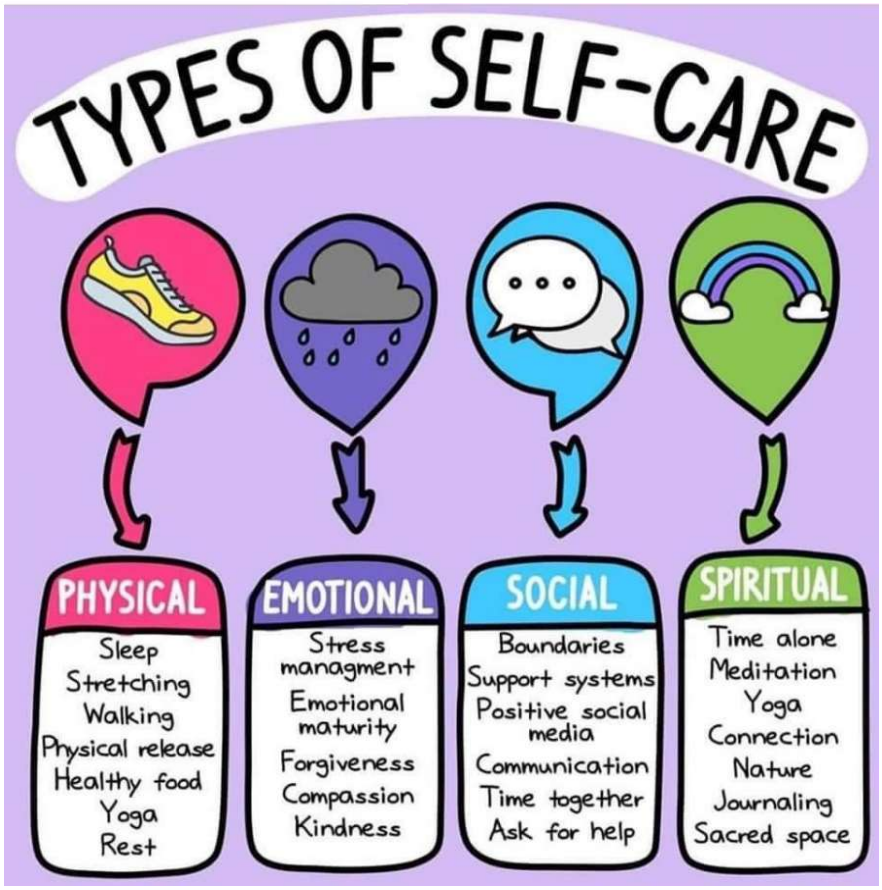
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to support yourself (as a guardian)



At Hardenhuish we understand that families can experience difficulties in life for many reasons. We value every member of our school community: pupils, staff and parents. As parents and carers, we need to look after our own wellbeing too, so we are in the best place to support those in our care.

Six self-care tips for parents - BBC Bitesize



relate
the relationship people

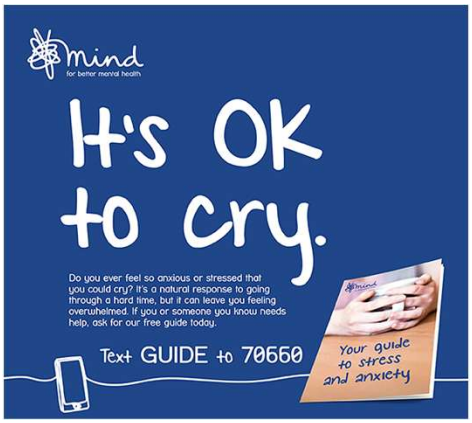
Home | Relate

Cruse Bereavement Support

Home - Cruse Bereavement Support

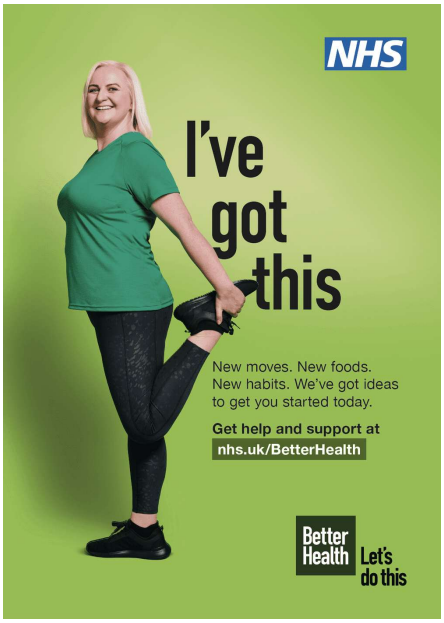
citizens advice Wiltshire

Legal Advice:
citizensadvicewiltshire.org.uk





Self-care for Parents and Carers | Anna Freud



Every Mind Matters - NHS

