

# Mental Health Support

For parents and carers in Bolton



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## As parents and carers we play an important role in teaching children and young people how to understand and manage their feelings as they grow up.

It's normal for your child to feel angry, sad, worried or stressed sometimes. However, if they're struggling to cope with those feelings, they might need support.

Trying to find the right help for your child and navigating your way around different services can often feel overwhelming. Remember to look after yourself as you go – and to remind yourself that you're doing your best and it's not always easy.

This booklet contains a number of services that can provide help, advice and support if **you or your child** are experiencing mental health or emotional wellbeing difficulties



## Services that can support you:

### Qwell

Free online mental health counselling and self-help support for parents and carers in Bolton who are struggling with their own mental health or would like support to manage their child's mental health.

Access is free and anonymous [www.qwell.io](http://www.qwell.io)

### Parent Helpline

The Young Minds parent helpline is available Monday – Friday, 9:30am – 4pm for detailed advice, emotional support and signposting about a child or young person aged up to 25.

Call a trained advisor for free on **0808 802 5544** or visit [www.youngminds.org.uk/parent/parents-helpline/](http://www.youngminds.org.uk/parent/parents-helpline/)

### ChatHealth

Parents and carers in Bolton can text a healthcare professional for confidential information and support around a range of topics including child development, emotional health and wellbeing and behavioural issues.

This service is provided by Bolton NHS Foundation Trust

Text: **07507 331751**

### Bolton Talking Therapies

Provides free, confidential talking therapies for adults aged 16 years and over experiencing feelings including but not limited to depression, anxiety, panic, stress and phobias.

Self-refer by contacting the Single Point of Access on **01204 483 101** or online via [www.iaptportal.co.uk/bolt.html](http://www.iaptportal.co.uk/bolt.html)

### IThrive Parent Peer Support

Voluntary and community sector organisations in Bolton provide free peer support to Bolton parents and carers who have a child experiencing mental health difficulties.

Access further information or refer yourself for support:

- Email: [IThrive@boltontogether.org.uk](mailto:IThrive@boltontogether.org.uk)
- Use the online referral form: [www.bolton-together.org.uk/ithrive-support/ithrive-for-parents/](http://www.bolton-together.org.uk/ithrive-support/ithrive-for-parents/)

## Crisis Support:

### NHS 111

People of all ages, including children, who are in crisis or concerned about a family member or loved one can now call 111, select the mental health option and speak to a trained mental health professional.

Visit: [111.nhs.uk/triage/check-your-mental-health-symptoms](http://111.nhs.uk/triage/check-your-mental-health-symptoms)

### Papyrus Hopeline247

If you are concerned that your child is feeling suicidal, advisers can support you to start a conversation about suicide and explore options of how best to support them.

Call the 24/7 Hopeline on **0800 068 4141** or visit: [www.papyrus-uk.org/papyrus-hopeline247](http://www.papyrus-uk.org/papyrus-hopeline247)







## www.bekindtomymind.co.uk



Bolton's own emotional and mental health support website.

- Local directory of all mental health support services in Bolton
- A-Z of mental health problems and specific section for parent and carers



## Free online wellbeing programmes

### SilverCloud

Online self-help programmes to build resilience, ease your stress levels and sleep better. Silvercloud also provides two parent/carer programmes called 'Supporting an anxious child' and 'Supporting an anxious teen'

- Confidential, secure and instant access

[www.gm.silvercloudhealth.com/signup](http://www.gm.silvercloudhealth.com/signup)

### Living Life To The Full

Online courses for anyone affected by low mood, anxiety or depression.

- Resources are totally free of charge if you live in Greater Manchester

[www.llttfgm.llttf4.com/](http://www.llttfgm.llttf4.com/)

### Understanding Your Child Solihull Approach

Bolton residents can access free courses designed to help you understand your child (antenatal through to teenager), as well as focus on your own feelings as you go through family life.

Visit [www.inourplace.co.uk](http://www.inourplace.co.uk), select 'View Courses' and apply access code RIVINGTON

# How to support your child if they tell you they're struggling...

**Young Minds have produced some helpful tips on how to respond:**

Validate their feelings. You could say 'it's really understandable that you're feeling...' to let them know that their feelings are okay.

Thank them for sharing what's going on and be encouraging about the way they've opened up.

Let them know that you love them, you're there for them, they can talk to you whenever they need to, and you can help them get support if they need it.

Ask them if there's anything you could do that they would find particularly helpful.

Spend time together thinking about what's making them feel this way. It could be something at home or school/college, a relationship with a friend or family member or something else.

Let your child know about the services that are available to help them. Young people can find it difficult to talk, and worry about upsetting their parents/carers - so reassure them that it's okay to open up to other people. You can find some examples of services in our 'Mental Health Support - for children and young people in Bolton' booklet or go to [www.bekindtomymind.co.uk](http://www.bekindtomymind.co.uk)

Remind your child that this feeling is temporary. Reassure them that things can change and they can feel better.

Avoid conversations at the height of distress. It's important to be there for them, but it can be more helpful to talk about the causes when things are feeling calmer.

Go to [www.youngminds.org.uk/parent](http://www.youngminds.org.uk/parent) for more information about how to support your child's mental health.