

# Parent and carer wellbeing newsletter

Dear parents and carers,

As we all know, caring for a child or young person can be tough, even more so during these challenging times. However you do not have to go through this alone and there is a lot of support available. We have chosen some resources we feel are particularly useful to help you look after your own mental wellbeing and help you support the wellbeing of your child.

## HELPLINES



Parents Helpline: 0808 802 5544  
Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)  
 @YoungMindsUK

[Free parents helpline](#) for advice, emotional support and signposting about a child or young person up to age 25.

Call FREE on **0808 802 5544** from **9.30am – 4pm, Mon – Fri**

[Barnardo's COVID helpline](#) supports **Black, Asian and Minority Ethnic** young people and families to talk about worries and problems.

They provide emotional support, practical advice and signposting to other organisations who can provide further help.



Call: **0800 1512 605** (open 1pm – 8pm Mon to Fri)

## LOOKING AFTER YOUR WELLBEING

Look at the [emotional wellbeing page at Islington Council](#) for information and signposting on topics:

- looking after yourself
- managing your children's worries and anxieties
- coping with illness and bereavement



## 5 WAYS TO WELLBEING



[The NHS 5 steps to wellbeing](#) has advice you can take to improve your wellbeing and help you feel more positive.

## SUPPORTING YOUR CHILD'S WELLBEING

Young Minds have tips, advice and information about [supporting your child and their mental health during the pandemic](#) including home schooling advice and dealing with challenging behaviour.



[Ollee is a free online virtual friend](#) who can help you with tricky conversations with your child on topics like, family, friends, school, the world, their body and the internet. Ollee will ask you a few questions to understand the problem and then give some supportive advice and ideas to help.



Help support your **child's mental health** through movement with this range of engaging short videos from [Stormbreak](#). As well as being active, these fun activities help your child to learn about **self-care, optimism, resilience and relationships**.

Check out the fun [Bow-wowza website](#), narrated by dogs and full of creative [activities for families to do at home](#), which helps children develop a positive mind-set in a range of topics including journaling, gratitude, self-compassion and emotions.

