

# HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH:

## Things we wish our parents knew...



**Getting better is a journey** – It may take us time to learn new coping strategies and there may be bumps in the road.



**Our problems are important** - while issues like exam stress may seem small, they are important to us and we need support.



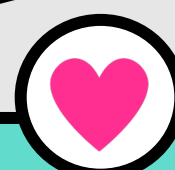
**We're still the same person** – we still want to talk about everyday life, not always about our mental health.



**We don't always want solutions** - sometimes we just need someone to listen and be there.



**It can help us to speak to a professional** – sometimes its hard to tell you everything.



**We care about you** – we want you to stay healthy. We don't want you to worry or be upset.

Get Support From...



Mind  
– Information for Parents



Richmond Single Point of Access  
– Support for Parents



Off The Record Twickenham  
– Parent Support Page



Your GP