

## Useful Signposts

### ST NINIAN'S HIGH SCHOOL POSITIVE MENTAL HEALTH WEBSITE

w: <https://blogs.glowscotland.org.uk/er/StNinians/information/promoting-positive-mental-health/>

### SAMH (SCOTTISH ASSOCIATION FOR MENTAL HEALTH)

t: 0141 530 1000

e: [enquire@samh.org.uk](mailto:enquire@samh.org.uk)

w: [samh.org.uk](http://samh.org.uk)

Details of local SAMH services and information and sign-posting for people concerned about mental health. Office hours 9am – 5pm, Monday to Friday.

### HANDS ON SCOTLAND

w: [handsonscotland.co.uk](http://handsonscotland.co.uk)

This website gives practical information, tools and activities to respond helpfully to troubling behaviour and to help children and young people to flourish.

### YOUNGMINDS

t: 0808 802 5544 (Monday to Friday, 9.30am – 4pm)

w: [youngminds.org.uk](http://youngminds.org.uk)

Information and resources for young people and parents on mental health.



## St Ninian's High School



## Starting the conversation about MENTAL HEALTH

## A guide for Parents / Carers



Advice published by Scotland's Association for  
Mental Health (SAMH)

## WHEN'S A GOOD TIME AND PLACE FOR THEM?

For some young people allowing time to talk is a comforting; for others it is really difficult.

As parents/carers you know what's best for them – it might be going for a walk together or having a cup of tea and chat at home. Pick a time they're likely to be relaxed, but alert.

If they don't want to talk or aren't ready, give them space and agree a way to let you know when they are such as leaving a note or sending a text.

Other parents have updated that this is a helpful way to let them know you are ready to listen on their terms.

## HOW CAN YOU HELP THEM MAKE SENSE OF WHAT THEY ARE FEELING?

Sometimes young people have experiences that they find difficult to understand or make sense and it can be difficult to realise how their feelings and behaviours are related, and soon things can get jumbled up.

Encourage them to start at the beginning and talk you through it bit by bit. Prompt by asking how certain things made them feel or think so that you can get a full picture.

You might notice that some of this makes them feel guilty or ashamed. Try to empathise, and it could help to share a story of when you'd done or felt similar. These emotions are hard for a young person to deal with, but it's important to explore how to cope with them.

## HOW CAN YOU GET THE MOST OUT OF LISTENING?

The key to helping a child or young person to work through something that's bothering them is by actively listening to them.

Set your mind to explore what's happened, consider the options, and come up with a plan for what to do next.

Your instinct is often to fix things for your child, but sometimes it's better to help them to build confidence in their own ability to find a solution. If you find yourself doing all the talking, take a step back.

## WHAT DO THEY NEED FROM YOU AS A PARENT/CARER?

Offloading their worries and getting a hug is often enough. Other times they'll need your help and advice to make a plan for what to do next. If you're unsure how you can help, try asking.

