

Dealing with Big Emotions



Welcome



- **House keeping**

- Confidentiality
- Emotive subject
- Respect
- Questions



Aims of The Session

- To understand what mental health is.
- How to have conversations about mental health with your child
- What you can do to improve your child's mental health through the 5 ways to wellbeing
- Look at support services available if you should need more advice

What does mental health mean to you?

Its how you think, feel and act



Where is Your Mental Health?



Physical & Mental Health

Our physical and mental health can be affected by hereditary factors, they are also affected by the choices we make and situations we are in.

Good Physical Health

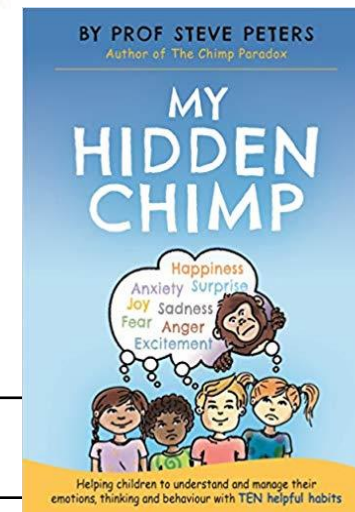
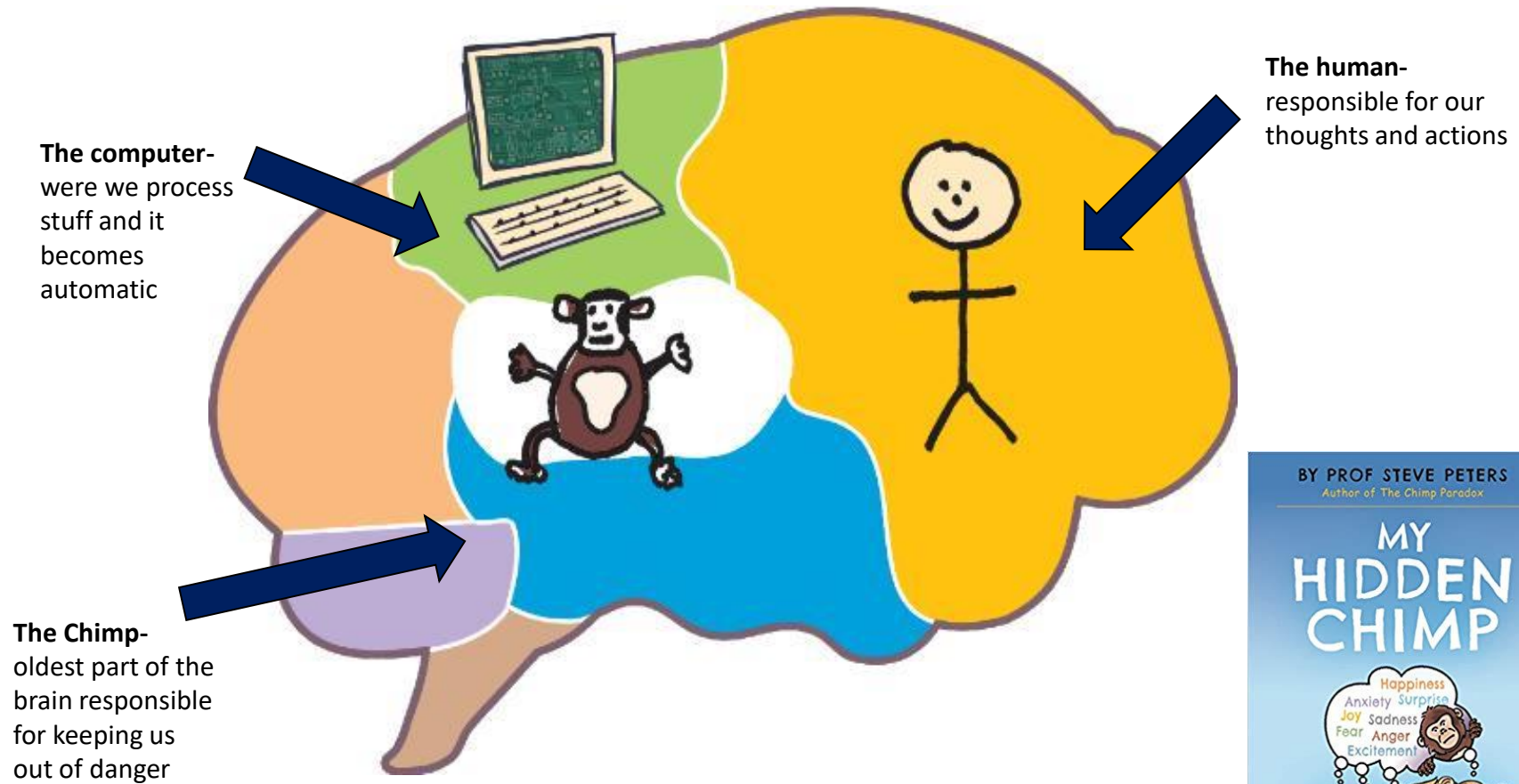
- Be active.
- Eat healthy.
- Keep hydrated.
- Sleep well.
- Make time

Good Mental Health

- Be active.
- Eat healthy.
- Keep hydrated.
- Sleep well.
- Make time



How the brain Works



 <p>Dance to your favourite song</p>	 <p>Have a drink of water</p>	 <p>Do some colouring</p>	 <p>Smell your favourite smell</p>	 <p>Hug a toy</p>
 <p>Think of a happy memory of your friends/family</p>	 <p>Think of the three best moments of the day</p>	 <p>Do five star jumps</p>	 <p>Ask for help</p>	 <p>Take some deep breaths</p>
 <p>Talk to a friend online</p>	 <p>Write down how you are feeling</p>	 <p>Think of a happy time</p>	 <p>Watch television</p>	 <p>Imagine your favourite place</p>
 <p>Think of three solutions for your problem</p>	 <p>Have a nap</p>	 <p>Say you're sorry</p>	 <p>Make a list of things you are good at</p>	 <p>Do a full body stretch</p>

Coping

Solving Problems

MIndfulness

Calming and Self-soothing



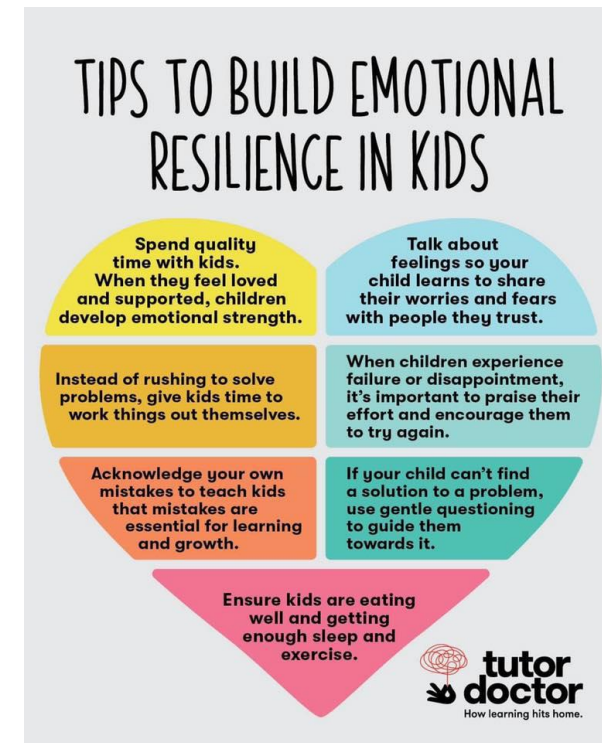
Resilience: The Art of Bouncing Back



What help's a Child or Young Person be more Resilient?

What could you do as a parent to encourage resilience?

Resist the Urge to Fix it
Teach Problem solving skills
Label Emotions
Demonstrate coping skills
Embrace mistakes





5 Ways To Wellbeing



Trying/Learning different things



Take Notice



Give something back



Be Active



Connect with friends and family

Useful Apps



Smiling Mind is building healthy minds, engaged classrooms and mindful learning environment



Think Ninja 10-18 helps manage moods




If you are having thoughts of self-harm




Move Mood is a free app to help teenagers manage low mood and depression.

Home > Keeping Safe & Healthy > Looking after yourself > Improve Your Health > [Mental Health Info Point](#)


Mental Health Info Point

 COST OF LIVING: ADVICE AND SUPPORT


Need Help Now?

 **I'm an adult & I need help with**


Information for Adults

 **I'm a young person & I need help with**


Information for Young People

 **Parents & Carers**


Information for Parents & Carers

 **Looking after your mental health**


Information on looking after your mental health

 **Need help now?**


Information if you need help now.

 **I'm a professional**

Information for Professionals

 **Workplaces**

Information and Resources for workplaces

 **Feedback**

Send feedback about the mental health info point.



www.halton.gov.uk/mhinfopoint

Information for Young People

Need Help Now?

Drugs and Alcohol

Domestic abuse

Gambling and mental health

Anxiety

Depression

Stress

LGBT+

Self Harm

Support For Children

Up to 18 [Headz Up Halton Drop in](#)

Emotional Support via Web Chat for 11 to 25 year olds [Kooth](#)

[Nightstop Communities Northwest CIC](#) - Comprehensive mental health support service with highly experienced counsellors with variety of specialisms inclusive of SEN for ages 6 plus

Feeling anxious, worried or overwhelmed? Text SHOUT to 85258 for free confidential text support 24/7

If you are aged between 11 and 19 you can speak to a school nurse via Chat Health text service between 9am and 5 pm. You will receive a response within 24 hours simply send a text to the following number **07507 330521**

Emotional Health Common Topics



Anxiety



Depression



Social Media Impact

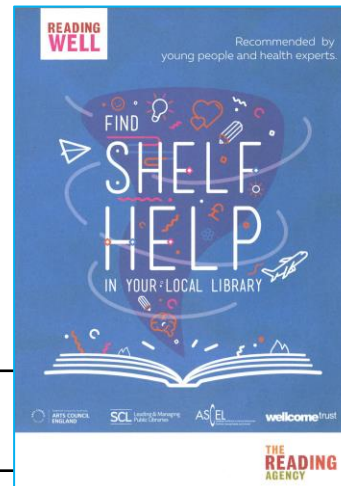
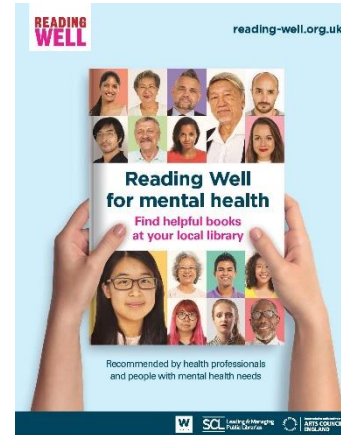
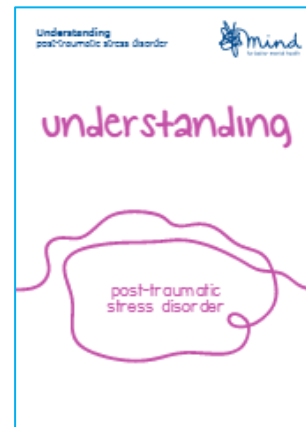
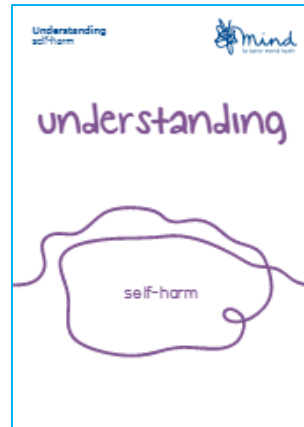


Building Self-Esteem

Family hubs combine services from council, NHS community and voluntary organizations in one place to provide the support and information for families.

[Family Hubs - Home](#)

Self-Help



Looking after your own Mental Health

Parenting or caring for a child or young person can be tough. It's important to make sure you look after your own mental wellbeing, as this will help you support yourself and those you care about.



Every Mind Matters self-care tool

Your Mind Plan can help you to take simple steps to look after your mental

health and find a good work-life balance <https://campaignresources.phe.gov.uk/schools/resources/every-mind-matters-self-care-tool>

Thank you for
attending today!
Please help us
improve our service
by scanning the QR
code and filling out a
short questionnaire
on how today went.



[Give your feedback here.](https://www.halton.gov.uk)

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