

What can you do to support a young person?

Being a parent or carer can be really tough at times, particularly when your child is in real emotional distress or when you are anxious about aspects of their behaviour. You may be feeling a whole variety of emotions, you may have tried many different approaches and find it hard to know what to do for the best to support the young person.



You are not alone! There is plenty of help, advice and support available to support you. On the other side of this leaflet we have listed just a few suggestions of places for you to contact as a starting point.



Talking to us can really help
Hounslow Youth Counselling Service

T 020 8568 1818 SMS 07784 481308
E ask@hycscounselling.co.uk
www.hycscounselling.co.uk

78 St John's Road, Isleworth,
Middlesex TW7 6RU

Registered Charity 296333

bacp | Accredited
Service

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Parents and carers



HYCS

Pocket guide

Everyone is different but young people may respond more positively if you aim for the following in your approach:

Stay calm – slow down, take a breath.

Listen to the young person.

Let them know they can come to you for help. Give them the option to talk to you, if they want to.

Be caring, understanding and supportive.

Involve the young person in any decision-making – ask them what they think might help them and encourage them to get that support.

Be patient and also be honest about how you are feeling, you are human too!

Need support for a young person?

- **HYCS for free confidential counselling support**
020 568 1818 www.hycscounselling.co.uk
Ask the young person to call us to self refer.
- **YOUNG MINDS PARENTS' HELPLINE**
0808 802 5544 parents@youngminds.org.uk
Free confidential information and advice, for adults worried about the emotional problems, behaviour or mental health of a young person up to age 25.
- **FAMILY LIVES HELPLINE**
0808 800 2222 www.familylives.org.uk
Free, confidential helpline offering information and support on any aspect of parenting and family life.
- **FAMILY INFORMATION SERVICE (FIS) & DIRECTORY** **020 8583 3470 fsd.hounslow.gov.uk**
Information service & directory for parents/carers of young people aged 0-19.

Help the young person to develop positive sleep routines and habits, helping to ensure they get enough sleep, and to maintain a healthy balanced diet. This will really help to make a difference.

Research the problem or issue, becoming knowledgeable may help you feel calmer.

Spend time with them if you can – in family activities or shared interests.

Ask for help or advice if you feel problems are too much for you or your family to manage.

Look after yourself too! Seek support to discuss your worries and try not to be too hard on yourself.



- **CAMHS DUTY LINE**
020 8483 2050 Daily from 12.00hrs – 14.00hrs.
<http://mycamhschoices.org/>
www.westlondoncamhs.nhs.uk/
CAMHS (Child Adolescent Mental Health Service)
- **HOUNSLOW IAPT**
0300 123 0739 www.hounslowiapt.nhs.uk
IAPT (Improving Access to Psychological Therapies) is a talking therapy service.
- **EARLY HELP HOUNSLOW (EHH)**
0208 583 6600 option 1 earlyhelp@hounslow.gov.uk
Information service & directory for parents/carers of young people aged 0-19.
- **GINGERBREAD**
0808 802 0925
Free call, support and expert advice for lone parents.
- **BACP – FIND A THERAPIST**
www.itsgoodtotalk.org.uk/