

Mental Health Parent Information

Primary

Mental health is just as important as good physical health. We all have times when we feel down or stressed or frightened. Most of the time those feelings pass. But sometimes they develop into a more serious problem and that could happen to any one of us.

Your mental health doesn't always stay the same. It can change as circumstances change and as you move through different stages of your life.

There's a stigma attached to mental health problems. This means that people feel uncomfortable about them and don't talk about them much. Many people don't even feel comfortable talking about their feelings. But it's healthy to know and say how you're feeling.



If you're in good mental health, you can:

- make the most of your potential
- cope with life
- play a full part in your family, workplace, community and among friends.

This resource aims to provide information, support and advice to parents around the topic of mental health.

Check out the [NHS Mental Health](#) to find information and support for your mental health.

Resources for Parents

[Mental Health is Not Extracurricular - Guide for parents](#)
Information, advice and support for parents to help manage their child's mental health.

[Supporting my daughter through crisis](#)
Lynn blogs about a difficult time in her daughter's life and a continued struggle with anxiety and depression.

[Parenting with a mental health problem](#)
Explains difficulties you may face as a parent with a mental health problem, support available and suggestions on how to help yourself and your children.

