

## Parents newsletter

Dear Parent/Carer,

As we all navigate our way through this time of great change and challenge, we wanted to share with you some of the great organisations available to parents and carers that offer **practical, positive and proven** ways to support someone's mental health and wellbeing., and your own.

### Every Mind Matters

Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing.

<https://www.nhs.uk/oneyou/every-mind-matters/>

[MindEd for Families](#) provides free, quality-assured advice which is easy to understand. It is helpful for any adults caring for children or teenagers with mental health problems.

MindEd for Families has advice and information from trusted experts and will help you to understand what problems occur, what you can do to best support your family, and how to take care of yourself. MindEd for Families is written by a team of specialists and parents, working together. It provides free, quality-assured advice which is easy to understand. It is helpful for any adults caring for children or teenagers with mental health problems

Available here: <https://mindedforfamilies.org.uk/young-people>

[Anna Freud Centre](#) has leaflets for parents about talking about mental health. Versions for [Primary](#) and [Secondary](#)

[Young Minds](#) is an excellent source of easily accessible information about all aspects of child mental health, including a Parent Helpline,

[The Royal College of Psychiatrists](#) has a very [detailed section](#) on help for the whole family and provides factual, comprehensive guidance on all mental health problems and treatments, with downloadable leaflets.

[Samaritans](#) provides 24 hours a day, nationwide support by telephone, email and face-to-face for any stress, anxiety or despair related issues, including suicide.

[Papyrus](#) offers advice and support from qualified professionals about suicide. This is for anyone up to the age of 35 who is having suicidal thoughts and also for their friends and families. They can be contacted through the website or on their "Hopeline".

[Beat](#) gives comprehensive and clear advice on all aspects of dealing with eating disorders, including helpful guidance to parents, carers and families.

[Sane](#) offers out of hours, daily, specialist support and information to anyone effected by mental illness including family and carers.

We are still offering our current students counselling and wellbeing support.

Farnborough College of Technology Counselling Team are offering telephone counselling to current students. Appointments can be booked by the student themselves emailing [counselling@farn-ct.ac.uk](mailto:counselling@farn-ct.ac.uk)

For health and wellbeing advice and support from our Student Health and wellbeing advisor, who can be contacted at [healthadvisor@farn-ct.ac.uk](mailto:healthadvisor@farn-ct.ac.uk)

Stay safe,

FCOT Learner Services Team