

Support for Parents

Whilst parenting can be hugely rewarding, it can also be really hard work- especially if your child is unhappy or you are worried about them.

Parent helplines:



- Offer a free, anonymous, confidential helpline for parents to discuss concerns and gain advice from one of their trained parent support advisors - call them on **0800 652 5675**
- You can also access support through the TIC+ webchat available on their website.

Please visit www.ticplus.org.uk for more information



- Offer a parent helpline Monday - Friday between 9:30am - 4pm - call them on **0808 802 5544**. They will listen and talk through your confidence.
- They also offer a webchat which can be accessed through their website.

Please visit www.youngminds.org.uk for more information

Parent support groups:

TIC+ offer parent support groups for parents of young people aged 11-18.

- Weekly for 6 weeks (1.5 hours a week)
- Daytime and evening groups available
- Self-refer via their website
- The groups can help normalise your difficulties' and experiences and help you learn from others in a similar situation

TIC+ Parent & Carer Support Groups

Are you worried about your child's mental health and well-being?

Parenting can be hugely rewarding but it can also be really hard work, especially if you think your child is unhappy or you are worried about them.

You are not alone.

Our free Parent & Carer Support Groups are for parents/carers of young people aged 11-18 living in Gloucestershire struggling with mental health and emotional wellbeing. Groups are weekly for six weeks and last 1.5 hours - daytime and evening groups available.

At various times & locations across Gloucestershire. Groups are also available online via Zoom.

TIC+ cares - we're here to help!

To book your place on the next group complete a self-referral form from the TIC+ website at www.ticplus.org.uk or call us on 01594 372 777

"I've come away each week with new ideas and tools to try at home and I've made a few new friends with other parents in the group!"

Developed by TIC+ Senior Counsellor Romina Bacon, the group is designed to inform and support parents and carers, helping them to understand their child's distress and discover effective strategies to improve their resilience. The group is also an opportunity for parents/carers going through similar experiences to encourage, support and learn from each other in a safe and friendly environment.

Each group will be led by 2 facilitators who are fully-trained and experienced in parenting and young people's mental health. Parents/carers are encouraged to commit to all 6 sessions to gain the most benefit out of the group.

Throughout the course we will cover the following topics:

- Anxiety and your child's developing brain.
- Resolving conflict and communicating effectively with your child/teen.
- Coping strategies to help your child manage anxiety.
- How to respond to depression and suicidal feelings in ways that are most helpful for young people.
- Coping strategies for Self-Harm and ways to break the cycle of self-harm in the long term.
- How to set healthy boundaries and expectations with your child/teen.

Please note due to limited places:

- Groups must be booked in advance
- Each group will close to new members after the second session.
- Only one parent/carer per family can attend each group (including zoom sessions).
- Parents/carers are encouraged to commit to all 6 sessions to gain the most benefit out of the group.

Locations, times and dates are available on the TIC+ website at www.ticplus.org.uk

TIC+ is a mental health charity founded in 1993. Our mission is to improve, preserve and promote, good mental health and wellbeing among children, young people and families.

Charity number 1045429

CONTACT US 01594 372 777

PARENT/CARER SELF-REFERRAL FORM www.ticplus.org.uk

Ways that you could try to help support your child to manage their worry at home:

Slow their breathing by extending the outbreath	Talk to yourself, friends and family about negative feelings	Focus on an activity that makes them feel good
Create an emergency calm box that engages their 5 senses	Write down worries and make a plan to reduce them	Close their eyes. Imagine themselves in a calm and happy place

Tips for being curious:

Understanding your child's thoughts, from their point of view can help you know what they need to overcome their anxiety. You can do this by asking different questions such as:

- **Why are you feeling worried?**
- **What do you think will happen?**
- **What is the worst thing that might happen?**
- **What is it about [situation] which is making you worried?**

Asking questions instead of giving answers can help your child think for themselves, putting them in control.