

Teenage Mental Health



Worried about your teenager's mental health - where to find help and support?

Teenagers can challenge even the calmest of parents. When your teenager has additional needs or a disability, this can be even more stressful as finding ways to communicate and tell you how they feel is even harder. Teenagers often hit out at the people they most love and trust, not because they hate you, but because they feel confused, and you are that “safe place”. Try not to think they actually mean the bad things they say, because the chances are they feel confused, angry, upset, lost or hormonal, and they do not know how to express it. This time is hard for them, but it is important to give yourself some space to think about how to deal with them and their behaviour so that you can both cope with these challenges.

How do I know if my teenager has mental health problems?

Young people are often struggling with how they feel. They may be having problems with friends, family, or school, they are anxious, depressed, angry, or scared and need to talk to someone. If they can't talk to you about their problems, don't be upset, but suggest people you both trust such as another relative, family friend, or GP. Some may prefer a helpline, and there are expert advice services for children and young people that include face-to-face counselling, one-to-one phone calls, web chat etc and some offer parent support too.

Who can help?

You still know your child best so try to take a step back and remember they have physiological reasons for behaving in ways that can be difficult to live with. Be their “constant” in these changes and the uncertainty they are feeling, and let them know that you care about them, want what's best for them and are willing to help if you can.

·[Chums](http://chums.uk.com/wp-content/uploads/2020/03/Duty-Line-2020-1.pdf) have a duty line for young people to call throughout the week, <http://chums.uk.com/wp-content/uploads/2020/03/Duty-Line-2020-1.pdf> and young people do not need a referral to talk to a Chums counsellor

·[Family Lives](#) is a charity specialising in supporting families. You can call their confidential helpline on 0808 800 2222 (9am to 9pm Monday to Friday, 10am to 3pm Saturday to Sunday). Relate offers relationship advice and counselling. You can also use Live Chat to talk to a counsellor

[Young Minds](#), the mental health charity, has a free confidential parents' helpline. Call them on 0808 802 5544 (9.30am to 4pm Monday to Friday, MessengerText YM to 85258. Available 24/7, 365 days a year.

[Centre 33](#) offer support and counselling for young people 0333 4141809

Where to find out more on website:

www.pinpoint-cambs.org.uk and look under Useful Information