

# Mental Health Support

**For parents and  
carers in Bolton**



## As parents and carers we play an important role in teaching children and young people how to understand and manage their feelings as they grow up.

It's normal for your child to feel angry, sad, worried or stressed sometimes. However, if they're struggling to cope with those feelings, they might need support.

Trying to find the right help for your child and navigating your way around different services can often feel overwhelming. Remember to look after yourself as you go – and to remind yourself that you're doing your best and it's not always easy.

The following pages list a range of services that can help, advise, guide and support **you and your child** with mental health and emotional wellbeing problems.



## Free text and online support:

### Qwell

Free online mental health counselling and self-help support for parents and carers in Bolton who are struggling with their own mental health or would like support to manage their child's mental health.

**Access is free and anonymous - [www.qwell.io](http://www.qwell.io)**

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### Parent Helpline

The Young Minds parent helpline is available Monday – Friday, 9:30am – 4pm for detailed advice, emotional support and signposting about a child or young person aged up to 25.

**Call a trained advisor for free on 0808 802 5544**

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### ChatHealth

Parents and carers in Bolton can text a healthcare professional for confidential information and support around a range of topics including child development, emotional health and wellbeing and behavioural issues.

This service is provided by Bolton NHS Foundation Trust

**Text: 07507 331751**

## Parent Peer Support:

### IThrive Parent Peer Support

Voluntary and community sector organisations in Bolton provide free peer support to Bolton parents and carers who have a child experiencing mental health difficulties.

Access further information or refer yourself for support:

- **Email:** [IThrive@boltontogogether.org.uk](mailto:IThrive@boltontogogether.org.uk)
- **Use the online referral form:** <https://bolton-together.org.uk/parent-peer-support-programme-referral-form>

## Crisis Support:

### Bolton's 24/7 crisis line - 0800 953 0285

**For urgent mental health support**

- Freephone number, available to any age

**[www.gmmh.nhs.uk/247-helpline](http://www.gmmh.nhs.uk/247-helpline)**

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### Shout

Shout is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

- Any time day or night, wherever you are
- Every conversation is with a real person
- Confidential and anonymous

**Text SHOUT to 85258**



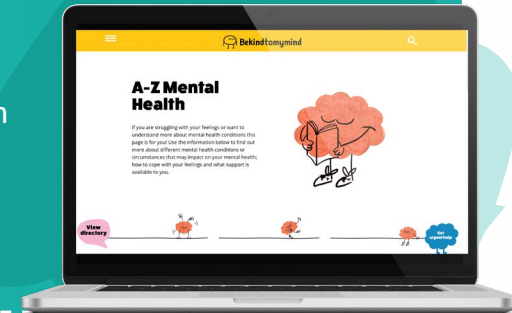




## [www.bekindtomymind.co.uk](http://www.bekindtomymind.co.uk)

Bolton's own emotional and mental health support website.

- Local directory of all mental health support services in Bolton
- A-Z of mental health problems and specific section for parents and carers



## Free online wellbeing programmes

### SilverCloud

Online self-help programmes to build resilience, ease your stress levels and sleep better.

- Confidential, secure and instant access

<https://gm.silvercloudhealth.com/signup/>

### Living Life To The Full

Online courses for anyone affected by low mood, anxiety or depression.

- Resources are totally free of charge if you live in Greater Manchester

<https://littfgm.littf4.com/>

# How to support your child if they tell you they're struggling...

**Young Minds have produced some helpful tips on how to respond:**

Validate their feelings. You could say 'it's really understandable that you're feeling...' to let them know that their feelings are okay.

Thank them for sharing what's going on and be encouraging about the way they've opened up.

Let them know that you love them, you're there for them, they can talk to you whenever they need to, and you can help them get support if they need it.

Ask them if there's anything you could do that they would find particularly helpful.

Spend time together thinking about what's making them feel this way. It could be something at home or school/college, a relationship with a friend or family member or something else.

Let your child know about the services that are available to help them. Young people can find it difficult to talk, and worry about upsetting their parents/carers - so reassure them that it's okay to open up to other people. You can find some examples of services in our 'Mental Health Support - for children and young people in Bolton' booklet or go to [www.bekindtomymind.co.uk](http://www.bekindtomymind.co.uk)

Remind your child that this feeling is temporary. Reassure them that things can change and they can feel better.

Avoid conversations at the height of distress. It's important to be there for them, but it can be more helpful to talk about the causes when things are feeling calmer.