

Further resources



Try our Combined Minds app

Combined Minds is a FREE app developed for teenage mental health charity stem4 by Dr. Nihara Krause, Consultant Clinical Psychologist, to help families and friends support young people with their mental health.

Combined Minds helps families and friends to find ways to provide the right environment to help the individuals they support affect their own change. As important influencers in the lives of young people, this provides positive impact on their mental health.

Download today



Please note that none of the stem4 apps substitute for seeing a mental health professional / GP. Please see a suitably qualified professional for assessment and advice on treatment.

What is #PMHD?



stem4's Parent Mental Health Day (PMHD) encourages understanding and awareness of the importance of the family as a system where parent and carer mental health is as important a focus as young people's mental health. With this year's theme being #BuildFamilyResilience, the day will aim to explore how family resilience can be built, minimising negative impact on either parents and carers or their children and young people.

The #PMHD story

Whilst in most instances parents and carers dig deep to find the resources and resilience needed to help their families and face the challenges that arise, the need to find financial and mental health support (for their young person or themselves) and digital harms security may result in less time spent as a family together and fewer opportunities to focus on family wellbeing. This can lead to potential further negative impact on mental health.

That's why this year's theme is #BuildFamilyResilience, focusing on how parents and carers can successfully adapt to challenging life situations, and deal with their own stress and anxiety, while navigating their family through difficult times.

stem4, a charity that supports young people to build positive mental health, is proud to be the founder of Parent Mental Health Day.

CONVERSATION STARTERS

By Dr Nihara Krause, Consultant Clinical Psychologist

Tips on starting a conversation with your young person

- What made you feel good today?
- What's the most common way people your age start a conversation?
- What three things would you want with you if you were on a desert island?
- What's a good conversation for the middle of the night?
- What three things about you would you not put online?
- Can you name the title of a song that best describes you?
- What would your perfect day be like?
- What's the most talked about topic at the moment?
- Is there anything about yourself that you would like to change?



Tips for parents and carers to #BuildFamilyResilience

- 1 Keep family routines the same.
 - 2 Don't forget to keep up with family rituals and celebrations, even if they are more altered in format.
- 3 Spend quality time together—it doesn't have to be expensive. Solve a puzzle, watch a movie, cook something.
 - 4 Provide opportunities for whole family involvement. This means working together as a team.
- 5 Communicate regularly and often. Be open to addressing fears, uncertainties, and answering difficult questions.
 - 6 Be mindful of language—use hopeful language, provide helpful information, listen, and help everyone feel they can be heard. However small the worry, don't minimise fears and worries.
- 7 Permit emotional processing. This means letting each family member process what they are going through in their own way. Respect these differences.
 - 8 Restrictions are hard to deal with. Shape your environment to be relaxing and include small treats from time to time. Some examples include having a special meal together, listening to calming music, and lighting a candle.
- 9 Focus on a common purpose. This can include getting together to explore ways to save money, ways to connect, and how to have fun.

Focusing on a Strengths-Based Approach



COMBINED MINDS

This approach focuses on identifying resources and resilience factors in an individual when dealing with mental health difficulties and harnessing these to make change, rather than focusing on negatives or 'deficits' and is used in the Combined Minds app.

Example: Not getting out of bed in the morning due to low mood.

Rather than focusing on lack of motivation, see it as an opportunity to use shared strengths to get better.

Create a list of strengths (theirs and yours):

Use the acrostic CPR (Saleebey 2006) to generate some.

C: competence, capacities, character, and courage

P: promise, possibility, purpose, and positive expectations

R: resilience, reserves, relationships, resolve and resources

Follow these steps:

1. Create one well-defined and focused goal
Get out of bed by 9am four times a week.
2. The goal should be measurable and attainable.
3. What strengths are you going to use?
Define a top strength of theirs (and yours) that can be applied to the goal.
Theirs: capable, kind, caring, generous, can be focused, good friend, loyal
Yours: capable, caring, generous, patient, organised, resourceful
4. Outline a plan (baby steps to hardcore!).
Be realistic. A high chance of success boosts accomplishment rate.
Them: Start by setting an alarm, visualising the positives of the day ahead.
You: Will remind them to get out of bed, will be prepared to be patient in terms of change.
- Review your plan, is it working? Provide feedback on the activity and refer to it later. *What needs to be changed? How can you maintain it?*

Support a young person's mental health with stem4's free Combined Minds app: combinedminds.co.uk

Further resources

stem4 does not provide a counselling service and so regrettably we are unable to answer questions of a personal nature.

Please contact your GP or call 111 or 999 should you have an urgent concern.

Parent Signposts

Beat

Beating eating disorders.

- 0808 801 0677 (Helpline)
- 0808 801 0711 (Youthline)

Mind

Provide advice and support to empower anyone experiencing a mental health problem.

- mind.org.uk/

Action For Children

Parent Hub.

- parents.actionforchildren.org.uk/

Young Minds (Parent line)

Supporting children and young people with emotional health and wellbeing concerns, offering a wide range of resources.

- You can call our Parents Helpline on 0808 802 5544, Monday - Friday 9:30am - 4:00pm.

Togetherall

Togetherall is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support

from trained professionals.

- togetherall.com/en-gb/

Samaritans

Talk to the Samaritans any time you like, in your own way, and off the record - about whatever is getting to you.

- 116 123

Cruse Bereavement Care

Cruse helps people through one of the most painful times in life – with bereavement support, information and campaigning.

- 0808 808 1677
- cruse.org.uk/get-support/crusechat/

Relate

Relate offers counselling for every type of relationship nationwide. Free online chat with a trained counsellor.

- relate.org.uk

No Panic

- nopanik.org.uk/

Anxiety UK

- anxietyuk.org.uk/get-help/

Gingerbread

Gingerbread provides expert advice,

practical support and campaigns for single mums and dads.

- 0808 802 0925
- gingerbread.org.uk/community/online-forum/ (online forum)

Frank

Confidential information for anyone concerned about their own or someone else's drug misuse.

- talktofrank.com/
- 0300 123 6600

Shout

Shout is a 24/7 text service, free on all major mobile networks in the UK, for anyone in crisis. It's a place to go if you're struggling to cope and you need immediate help. The number to text is 85258.

- giveusashout.org/

Campaign Against Living Miserably

Their helpline and webchat are open from 5pm - Midnight 365 days a year.

- Thecalmzone.net
- 0800 585 858

Parenting Mental Health

Parenting Mental Health - can we move this to the end of the parent signpost section please. Our work supports, skills and empowers parents through our 24/7 digital peer community.

- parentingmentalhealth.org/

Papyrus

A UK charity dedicated to the prevention of young suicide

Call the Hopeline

- 0800 0684141

National Autistic Society

In depth advice and guidance on the challenges that people with autism and their families face.

- Autism.org.uk

National Bullying Helpline

Advice for anyone dealing with bullying.

- Helpline: 0300 323 0169
- Telephone: 0845 225 5787
- Nationalbullyinghelpline.co.uk

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- www.stem4.org.uk Mind
- www.mind.org.uk

Switchboard LGBT+ Helpline

- www.switchboard.lgbt

The Black, African and Asian Therapy Network

- www.baatan.org.uk

Muslim Youth Helpline

- www.myh.org.uk

Anxiety UK

- www.anxietyuk.org.uk

Bipolar UK

- www.bipolaruk.org

Harmless

- www.harmless.org.uk

Young Minds

- www.youngminds.org.uk

Action for Children

- actionforchildren.org.uk

Young People Signposts

Beat

Beating eating disorders.

- 0808 801 0677 (Helpline)
- 0808 801 0711 (Youthline)

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- giveusashout.org/

Young Minds

Supporting children and young people with emotional health and wellbeing concerns, offering a wide range of resources across a whole spectrum of issues.

- 0808 802 5544

Kooth

Kooth CAMHS support provides free, safe and anonymous online support for young people.

- 0300 123 6600
- kooth.com

NightLINE

Nightline is a student listening service, open at night, and run by students for students. Every night of term, trained student volunteers answer calls, emails, instant messages, texts and

talk in person to their fellow university students about anything that's troubling them.

- nightline.ac.uk/

No Panic

- nopanics.org.uk/

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National Bullying Helpline

Advice for anyone dealing with bullying.

- Helpline: 0300 323 0169
- Telephone: 0845 225 5787
- Nationalbullyinghelpline.co.uk

Carers Direct Helpline

You're a young carer if you're under 18 and help to look after a relative with a disability, illness, mental health condition, or drug or alcohol problem.

For advice and support with caring issues over the phone, call the Carers Direct helpline on 0300 123 1053.

Switchboard

(LGBT+ helpline; calls cost the same as those to 01 and 02 numbers; available 10am-10pm every day)

- 0300 330 0630

Switchboard

(LGBT+ helpline; calls cost the same as those to 01 and 02 numbers; available 10am-10pm every day)

- 0300 330 0630

Muslim Youth Helpline

(faith and culturally sensitive support service for Muslim communities; free to call; available 4pm-10pm every day)

- 0808 808 2008

Childline

A free point of contact for children and young people who need advice either online or via telephone on a wide range of issues.

- 0800 1111

NSPCC

Keeping children and young people safe from a wide range of abusive situations.

- 0808 800 5000
- 0800 1111 (ChildLine)

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- www.mind.org.uk

Switchboard LGBT+ Helpline

- www.switchboard.lgbt

The Black, African and Asian Therapy Network

- www.baatn.org.uk

Muslim Youth Helpline

- www.myh.org.uk

Anxiety UK

- www.anxietyuk.org.uk

Bipolar UK

- www.bipolaruk.org

Harmless

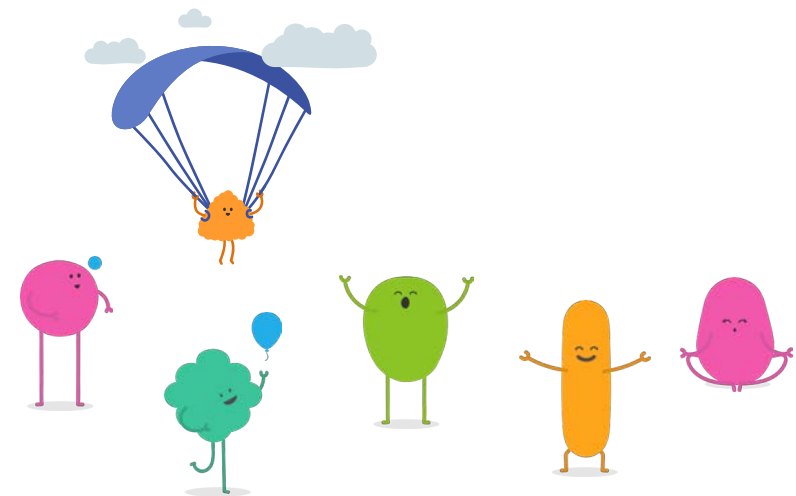
- www.harmless.org.uk

Young Minds

- www.youngminds.org.uk

Action for Children

- actionforchildren.org.uk



stem4's mental health apps



A free app to help teenagers resist or manage the urge to self-harm
www.calmharm.co.uk • @calmharmapp



A free app to help children and young people manage the symptoms of anxiety
www.clearfear.co.uk • @clearfearapp



A free app to help teenagers manage low mood and depression
www.movemood.co.uk • @appmovemood



A free app to help families and friends provide mental health support
www.combinedminds.co.uk • @combmindapp



A free app to help young people manage negative body image, poor self-worth, and related early-stage eating difficulties or disorders
www.worthwarrior.co.uk • @worthwarriorapp

stem4's award-winning apps are available to download from the App Store and Google Play.



Please note that these apps are an aid in treatment but do not replace it.

stem4
 supporting teenage mental health

www.stem4.org.uk • @stem4org

Developed by stem4 - Registered Charity No. 1144506

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 September 2022



WORTH WARRIOR



Do you have low self-esteem and think you have a sub-clinical or early stage eating disorder?

stem4, teenage mental health charity, has developed the Worth Warrior app to help young people manage these conditions and are inviting young people aged 17-25 living in the UK to help us find out if it works.

Give it a try and tell us how it works for you by taking part in our research study.

Visit <https://stem4.org.uk/body-image-eating-disorders-app-research-study/> for more information and to find out if you are eligible to take part.



Download our 'Starting the Conversation' booklet, full of practical tips for parents and carers on how to talk to boys and young men about mental health.



A leaflet for young people with advice on how to ask for help if they are concerned about a mental health problem.

stem4
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 Registered charity no. 1144506

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