

According to [Mental Health Foundation](#) "Mental health problems affect about 1 in 10 children and young people". We have produced this guide in response to your expressions of concern as to how you can best support young people who are struggling with their mental health. The guide contains a collection of resources of support which we hope will prove useful for young people, parents, and coaches alike.

READ

Looking After Yourself – Simple Grounding Technique

The NHS have provided a useful grounding technique to help you regain a sense of calm. It only takes three minutes and will offer a sense of clarity in the moment.

How Parents Can Support Teens' Mental Health Right Now

Katie Hurley, an adolescent psychotherapist and author of "A Year Of Positive Thinking For Teens", shares her expertise on how to support teens mental health amidst the ongoing and long-lasting effects of the pandemic.

WATCH

Adolescent Mental Health and Development

Why do teenagers think and act the way they do? Professor Sarah-Jayne Blakemore and Chriss Mann discuss this and how Covid-19 might be impacting their development and mental health.

Supporting your teenager with lockdown and school

For parents, carers, or those working with adolescents, this video offers guidance around how to support teenagers during lockdown and help them cope with Covid-19.

Parenting teens in times of uncertainty

For parents and caregivers of teenagers recorded from a live workshop. This video looks at supporting your teenager with sleep, recognising anxiety and low moods, as well as how to respond to heightened teen emotions.

Supporting your teenager with anxiety

This video is aimed at the parents or caregivers of teenagers and provides some ideas as to how you can support them if they are experiencing worry or anxiety.

LISTEN

Becoming a Trauma Sensitive Coach

This podcast is a downloadable resource from Coaches Rising. Listen to expert David Treleven, an expert on trauma-sensitive mindfulness, on how to recognise trauma symptoms and how to respond responsibly.

APPS

ReachOut Breathe

ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone or Apple Watch.

ONLINE ADVICE

[NHS](#); this page provides self-care videos, dealing with change or unhelpful thoughts and where to look for support.

[HappyMaps](#); lots of useful advice and resources for parents for all ages of children.

[Young Minds](#); an excellent resource for parents and children, including a help line (not for crisis calls).

[Kooth](#); online mental wellbeing community for young people ([crisis resources](#)).

[Anna Freud National Centre For Children & Families](#); offers free resources for school staff, parents & carers in their [Mentally Healthy Schools](#) section.

[Beat Eating Disorders](#); useful for eating disorders.

[Reading Well](#); useful books that have been recommended by young people and health professionals.

LOOKING FOR FURTHER ADVICE?

To find a BACP or UKCP accredited therapist, search:

- [BACP \(British Association for Counselling & Psychotherapy\)](#)
- [UKCP \(UK Council for Psychotherapy\)](#)
- [Psychosynthesis Trust](#)