

stem4 Webinars for Parents and Carers



#CreatingPositiveRelationships  
for Parents and Carers this  
#stem4PMHD

Thursday 25 January 2024 at 7pm

## Welcome



### Dear Parents and Carers,

Saturday 27th of January is Parent Mental Health Day 2024 (PMHD 2024), which encourages understanding and awareness of the importance of parents' mental health and its impact on the whole family system. The theme of this year's campaign is #CreatingPositiveRelationships.

With the pandemic behind us, we were told that life in 2023 would be a better year. Sadly, for many families that's not the case. In a recent (2023) stem4 survey of over 2,000 parents and carers, most said that their family's quality of life had deteriorated over the past 12 months. They had more family arguments, spent less quality time together, and worried more about their family's mental health (35%) than their physical health (21%). The majority (82%) of parents and carers said that daily pressures often left them feeling overwhelmed, increasingly lonely, and disconnected from friends, family, and even work colleagues. Meanwhile, in a stem4 survey of 12 – 21 year-olds, many young people said that their parents and carers didn't get them, and only one in five (23%) would openly discuss their mental health problems with a family member.

This is why the theme of this year's PMHD is #CreatingPositiveRelationships. Our relationships matter, and can significantly impact our mental health and wellbeing, whether positively or negatively. As we look towards 2024, this year's PMHD and webinar will focus on practical ways in which parents and carers can rebuild and strengthen their family relationships, and take the steps needed towards positive mental health.

Join us on the 25th of January at 7pm with our speakers, including clinicians, parents and young people, who together will explore how Connecting, Playing and Resting (#CPR) can make your relationships flourish.

To register to attend the Parent Mental Health Day webinar, please visit <https://bit.ly/PMHD2024>. Or for further information about PMHD, as well as tips and advice, please read this booklet.

I look forward to seeing you on Thursday 25th January.

Kind Regards

Dr Nihara Krause, MBE  
Consultant Clinical Psychologist, Founder and CEO stem4

## Programme

7:00 - Welcome

7:05 - Dr Nihara Krause, Consultant Clinical Psychologist and CEO and Founder of stem4

7:35 - Tom - Young Person

7:45 - Penny - Parent

7:55 - Charley - Parent

8:00 - Dr Krause round up

8:15 - Close

### stem4's Mental Health Podcast Series

#### Understanding Teen Minds

Understanding Teen Minds aims to provide insight into the world of teenage mental health, looking at everything from signs and symptoms to early intervention.

Drawing on the extensive knowledge and experience of stem4 Founder, Consultant Clinical Psychologist Dr. Nihara, along with the evidence-based resources and apps provided by stem4, we hope our podcast will be a useful tool and support for health and education professionals, parents, and young people alike.

Listen to the podcast at [stem4.org.uk/podcasts/](https://stem4.org.uk/podcasts/).



## Meet The Speakers

### Dr Nihara Krause Consultant Clinical Psychologist CEO and Founder, stem4

Nihara has many years of clinical experience working in a variety of mental health settings with both young people and adults. She has specialist experience in eating disorders, trauma, self-harm, clinical perfectionism and peri- and postnatal mental health. Nihara is also a university lecturer, works extensively with the media and has input in informing government on youth matters. She has a special interest in building resilience, as well as practicing effective treatment techniques for a variety of psychological problems.

Nihara is the clinician who developed the award-winning Calm Harm, Clear Fear Move Mood, Worth Warrior and Combined Minds apps for stem4, as well as stem4's mental health literacy programme Head Ed. Recognising the importance of the circular relationship between online interaction and mental health, Nihara co-created stem4's Media Literacy and Mental Health programme supported by Ofcom, which was launched in November 2023. Nihara has written numerous resources for stem4 including her latest booklet on Emotionally Based School Avoidance (EBSA) and another on trauma.



### TOM

Tom lives in Wimbledon and is currently studying for an economics and politics degree. He enjoys playing rugby and spending time in the mountains. Tom has been a stem4 ambassador for just over 2 years and is looking forward to further spreading mental health awareness in the local community and beyond.

### PENNY

Penny is the mother of Emily, a quiet 14 year-old girl. Having endured lockdowns like everyone else, on her daughter's return to school at first everything seemed fine. That was until January 2023, when her daughter became withdrawn, anxious, depressed and refused to go to school. Even though Emily was subsequently diagnosed with Autism, anxiety and depression, like many thousands of families they were still unable to access any help. This resulted in Emily missing nearly five months of the school year. Penny will share how she tried to battle the system and failed, but when they worked with Emily, with the help of a clinical psychologist, to overcome her fears, improved their communication as a family, and found a new school able to make their daughter feel safe and supported, Emily was able to return to school and thrive. Today she hasn't missed one day of school in four months.



### CHARLEY

Charley is a husband to his amazing wife Vanessa and Dad to two beautiful girls, Emily-Rose (6) and Isabelle (1). When he is not designing new kitchens for Wimbledon families, he enjoys going to the gym and most of all being with his family. Charley has supported stem4 through various activities for close to 10 years now and having overcome his own struggles with addiction and depression, he is supportive of the work stem4 does in the community.

## 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



\*stem4's apps remain free in the UK, but may be charged for elsewhere. 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, a charity that supports young people to build positive mental health, is proud to be the UK founder of Parent Mental Health Day, which started in 2022.

The Cost of Living Crisis, which so closely followed the pandemic, and increased concerns about digital harms, rising rates of mental ill health, and the impact of stretched services have further increased parent and carer anxiety and, in some cases, helplessness and hopelessness.

Parent Mental Health Day 2024 is an opportunity for parents and carers to acknowledge and discuss their struggles and share in their achievements of #CreatingPositiveRelationships by connecting positively with each other and the whole family, and learning ways to connect in a way that maximises young people's mental health.

## #CreatingPositiveRelationships

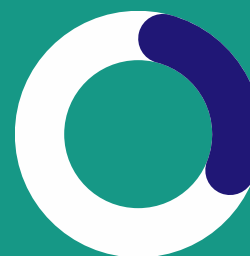
Relationships are a significant contributor to a person's wellbeing. Positive relationships contribute to happiness since they are rewarding. They bring happiness, warmth and make a person feel safe. They help a person learn about themselves and provide the building blocks to positive self-esteem. Belonging to a supportive network helps a person become resilient, enabling them to negotiate the challenges they may face in life securely.



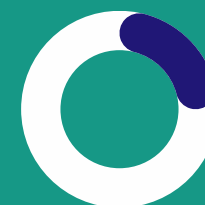
## What happens when relationships are sparse?

Young people are more at risk when they are isolated since it affects self-worth and leads to loneliness and sadness. Loneliness is associated with a range of mental ill health conditions including depression, alcohol abuse and eating disorders. People who are isolated present with higher rates of physical ill health indicating that our connections may be a protective factor not only for good mental health but also to keep a person physically well.

## Mental Health of Parents and Carers in 2023



35% of parents worried about their children's mental health.



Compared to 25% of parents worried about their physical health.



82% of parents/carers say that pressures often leave them feeling overwhelmed, and increasingly lonely, isolated and disconnected from friends and family, and even work colleagues.

"Cost of living crisis causing mental health distress for nearly two thirds of families in the UK", stem4 survey, 2023



1 in 5 young people surveyed by stem4 reported being in mental health distress.



Only 23% of young people would openly discuss their problems with their parents/carers.



47% of those young people with mental health issues reported that they received support from their family.

"Anxious and at breaking point", stem4 survey, 2023

## Tips on Creating Positive Relationships

By Dr Nihara Krause

To make and maintain strong or positive relationships, the first step is to ditch the self-critic and build on being positive and self-accepting. Low self-esteem often leads to making poor choices in relationships since it's hard to let anyone else like you if you don't like yourself.

Next, be clear about why you want a relationship and what you want from it.

Relationships, like houses, need building. Lay the foundations to a good connection by being open and honest, and connecting on values, interests, and emotions. Have a common goal and be committed and willing to be flexible about each other's needs.



It's important to both talk and listen. Communication, however hard, is key. Good relationships turn-taking in focus and care.



Both self-value and relationship-value is about getting to know yourself and each other, to be kind, to stop comparing or competing, to respect yourself and each other, to be happy and enjoy being together and to persist in overcoming challenges as and when they arise.

## Maintaining Positive Relationships under Challenging Circumstances – Some further tips for parents and carers



Children and young people experience significant emotional turbulence as they grow. Whilst supporting them to learn to understand, express and manage their emotions is important, inevitably when they are angry, frustrated, or having difficulty controlling behaviours or impulses, it's hard for parents to respond positively and keep engaged.



Since understanding emotions grows with brain maturity over time, young children benefit from help with recognising and naming their emotions. To maintain a connection with an angry child, it's important to try and calm the reflexive angry responses a parent may feel.

Learn to tense and release your muscles, breathe out a few times, let go of tension in your body first and wait until you can feel tension reducing. Then, observe the feeling they are expressing and help them understand what this emotion is. For example, you could say, 'I can see you are angry because you have a frown on your face, kicked the table and threw the teddy you love across the room'.



## “Connection breaks when big emotions rule.”



Connect emotionally by accepting their feelings rather than trying to minimise them. This means offering them opportunities to express emotions. For example, you could say 'I can see you are angry. Why don't we both go for a fast walk?' This then offers an opportunity to gradually slow down the walk and talk once tension is reduced.

Try to always stay calm and be in charge. When a parent loses their temper, it's very frightening for the child or young person, and they respond to the out-of-control emotions they experience coming their way by becoming out of control themselves.



Pre-empt a build-up of emotion when you can. There may be specific situations or reactions where you might anticipate a melt-down. For example, when they are tired as they wake up but need to get ready for school. Provide opportunities to develop alternative emotions without overfocussing on what might be causing tension. So rather than shouting about everyone being late, provide an opportunity to counter tiredness or lack of motivation to speed up, with doing something energetic, like a fun sing-a-long or listening to something upbeat whilst they get ready.

Provide ways to respond to strong emotions. For example, to ask for a hug when sad or to punch a special cushion when angry. The [Calm Harm app](#) has a number of techniques for secondary school students and older to help manage an angry urge and stem4's [Calm Cards](#) provide lots of ways to manage emotions as an alternative to screens.



The overall message is that it's not the big emotion that's an issue, it's how we deal with it that's important. Keep the need to maintain connection as the outcome you want.



stem4's "Supporting Primary School Children Exposed to a Traumatic Incident" [booklet](#) provides extra information on supporting a child or young person who has experienced a traumatic incident.

## Children

## Young People

Create

- Going for a walk together.
- Reading an author they enjoy.
- Having a regular chat on things that make them happy, or things they worry about.
- Working on a shared goal.
- Having a cuddle.
- Doing something in the garden together.
- Arranging visiting an elderly relative.

Play

- Make time to play their favourite game with them.
- Dressing up and acting as their favourite character.
- Create a fort in their bedroom out of boxes and/or blankets.
- Spend time learning about their favourite character on a computer game.
- Create a short film together.
- Have fun making things.

Rest

- Do some mindful colouring.
- 'Find Wally' type reading.
- Create and listen to a calming playlist.
- Wrap up in a warm, fluffy blanket and relax.
- Create a 'calm jar' with lots of ideas to lucky dip from.
- Play with playdoh and create some animal shapes with it.
- Create friendship bracelets with beads.
- Make pastry, knead the dough, and make shapes.

- Go to the cinema/create a home movie night.
- Have regular chats about more personal things whilst driving somewhere.
- Find an online workout they might like and do it together.
- Have a 'come dine with me' theme of cooking what they like to eat.
- Have an 'open minded' day when the focus is on getting to know a young person without assumptions and judgement.
- Create a photo collage of a memorable year/s together.
- Learn how to do a new craft together, make it different – learning magic for example.

- Host a family 'Great British Bake Off.'
- Create a music video together.
- Arrange to do a fun run.
- Exercise together.
- Plan some board games regularly.
- Learn to cook something together.
- Learn to play a new video game together.
- Get crafty, do something unusual.
- Organise a 'Never Have I Ever' activity.
- Organise a 'I won't hit the roof if I know' game where a young person feels safe to discuss something.

- Sniff some aromatherapy oils, choose your favourite and learn how to do a hand massage.
- Practise some stretches.
- Create and listen to a calming playlist.
- Create a calm box with inspiring messages.
- Learn Take5 breathing – follow stem4's technique
- Notice and be grateful for one small and one big thing every day for twenty days.
- Take a moment to notice and be mindful of how the ground feels under your feet as you walk 50 steps.

Download our social media pack [HERE](#) and share photos of you as you Create, Play and Rest

Follow and tag us in your posts @stem4org





## Work Colleagues

- Arrange to go out for a meal together.
- Set aside 15 minutes to have a chat about any topic that isn't work related.
- Create a 'Bring a Memento to Work Day' and spend some time talking about its meaning.
- Organise a personal milestone day.
- Organise a charity fundraising event.
- Set up in 'speed dating style' five minutes of mentoring sessions.

- Host a brainstorming session on some fun subjects.
- Create a work 'show and tell' day.
- Organise a work baking competition.
- Create a team scavenger hunt.
- Arrange a 'teams at work contest' day – examples might include a desk decorating face-off, unusual cookie making contest, and other unusual activities.
- Run a work trivia competition.
- Organise a team bike/walking challenge.

- Have a twenty-minute break week and notice any changes in how revived you feel.
- Arrange a mindfulness practice session.
- Take five minutes a day to focus on a sense. For example, listen to five sounds you might hear. Notice any changes in volume. You can also focus on colours, textures, smells.
- Practice eating something mindfully together. This means slowing down and noticing texture, taste, smell, flavour and enjoyment.
- Get away from your desk and go for a walk outside.
- Take a 15 minute tea or coffee break and make yourself relax as you sip it.
- Create a quiet area at work to unwind.
- Take a yoga mat to work and stretch for 15 minutes.



## PMHD Parent Break For Corporates



As an organisation that supports the wellbeing of employees, stem4's Parent Mental Health Day (PMHD) offers an opportunity to get everyone engaged in celebrating #CreatingPositiveRelationships. Some ideas might be to get them engaged in taking out 15 minutes of their time to have a break on an agreed day, to allocate a 'tea and talk' time, or to arrange a shared activity.

Share what you are doing by tagging us at [@stem4org](https://www.stem4.org), or find out more on how we can support you on PMHD 2024. Contact [communications@stem4.org.uk](mailto:communications@stem4.org.uk).

Download our social media pack  
[HERE](#) and share photos of you as you  
Create, Play and Rest

Follow us @stem4org



## 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/](http://mind.org.uk/)

### Action For Children

Parent Hub.

- [parents.actionforchildren.org.uk/](http://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/](http://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

### Relate

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

- [relate.org.uk](http://relate.org.uk)

### No Panic

- [nopanic.org.uk/](http://nopanic.org.uk/)

### Anxiety UK

- [anxietyuk.org.uk/get-help/](http://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/](http://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/](http://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/](http://giveusashout.org/)

### Campaign Against Living Miserably

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

- [Thecalmzone.net](http://Thecalmzone.net)
- 0800 585 858

### Parenting Mental Health

Parenting Mental Health. Our work supports, skills and empowers parents through our 24/7 digital peer community.

- [parentingmentalhealth.org/](http://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](http://Autism.org.uk)

### National Bullying Helpline

Advice for anyone dealing with bullying.

- Helpline: 0300 323 0169
- Telephone: 0845 225 5787
- [Nationalbullyinghelpline.co.uk](http://Nationalbullyinghelpline.co.uk)

### The Black, African and Asian Therapy Network

- [www.baatn.org.uk](http://www.baatn.org.uk)

### Muslim Youth Helpline

- [www.myh.org.uk](http://www.myh.org.uk)

### Anxiety UK

- [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

### Bipolar UK

- [www.bipolaruk.org](http://www.bipolaruk.org)

### Harmless

- [www.harmless.org.uk](http://www.harmless.org.uk)

### Young Minds

- [www.youngminds.org.uk](http://www.youngminds.org.uk)

### Action for Children

- [actionforchildren.org.uk](http://actionforchildren.org.uk)



## Young People Signposts

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- [giveusashout.org/](https://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.

- [kooth.com](https://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/](https://nightline.ac.uk/)

### No Panic

- [nopanik.org.uk/](https://nopanik.org.uk/)

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Advice for anyone dealing with bullying.

- Helpline: 0300 323 0169
- Telephone: 0845 225 5787
- [Nationalbullyinghelpline.co.uk](https://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)

- 08000119100
- [www.switchboard.lgbt](https://www.switchboard.lgbt)

### stem4

- <https://stem4.org.uk/>

### 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)

### The Black, African and Asian Therapy Network

- [www.baatn.org.uk](https://www.baatn.org.uk)

### Muslim Youth Helpline

- [www.myh.org.uk](https://www.myh.org.uk)

### Anxiety UK

- [www.anxietyuk.org.uk](https://www.anxietyuk.org.uk)

### Bipolar UK

- [www.bipolaruk.org](https://www.bipolaruk.org)

### Harmless

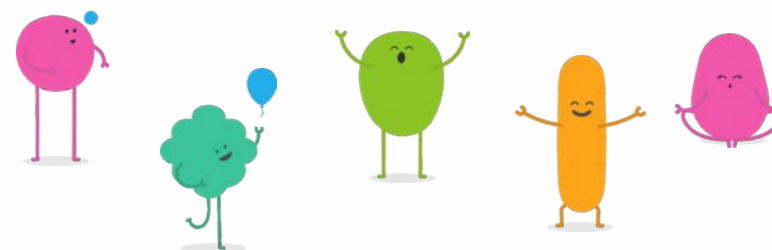
- [www.harmless.org.uk](https://www.harmless.org.uk)

### Young Minds

- [www.youngminds.org.uk](https://www.youngminds.org.uk)

### Action for Children

- [actionforchildren.org.uk](https://actionforchildren.org.uk)



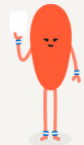
# stem4's mental health apps



A free app to help teenagers resist or manage the urge to self-harm  
[www.calmharm.co.uk](http://www.calmharm.co.uk) • @calmharmapp



A free app to help children and young people manage the symptoms of anxiety  
[www.clearfear.co.uk](http://www.clearfear.co.uk) • @clearfearapp



A free app to help teenagers manage low mood and depression  
[www.movemood.co.uk](http://www.movemood.co.uk) • @appmovemood



A free app to help families and friends provide mental health support  
[www.combinedminds.co.uk](http://www.combinedminds.co.uk) • @combmindsapp



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](http://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.

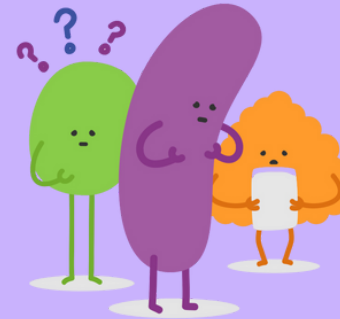
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stem4  
supporting teenage mental health

[www.stem4.org.uk](http://www.stem4.org.uk) • @stem4org  
Developed by stem4 - Registered Charity No. 1144506

## WORRIED ABOUT GOING TO SCHOOL?

Workbooks to help children worried about going to school



Produced by Consultant Clinical Psychologist Dr. Nihara Krause MBE, these workbooks will guide you through steps you can take to help reduce worry and fear around going to school, as well as provide signposts to additional support.

<https://stem4.org.uk/ebsa/>



Buy our workbooks

## MEDIA LITERACY & MENTAL HEALTH TRAINING

This free training empowers professionals to reduce the impact of social media and the online world on young people's mental health.

LIVE 1st February 9am-1pm OR complete the training on demand.



<https://training.stem4.org.uk/>

Have you found our resources useful?

With 1 in 5 young people aged 8 to 16 having a probable mental health condition, we need your support now more than ever.

We rely on donations from people like you, however big or small, to continue our mission to support the mental health of young people so they can thrive.

Please help us today if you can by visiting [stem4.org.uk/donate](https://stem4.org.uk/donate) or by scanning the QR code below.



THANK YOU



SCAN ME

stem4  
supporting teenage mental health

stem4, 51 St George's Rd, Wimbledon, SW19 4EA

@stem4org



Registered Charity No. 1144506

stem4  
wellbeing



[www.stem4.org.uk](https://www.stem4.org.uk)

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