

STEM4 WEBINARS FOR PARENTS AND CARERS



PARENT MENTAL
HEALTH DAY
27th January

#TIPTHEBALANCE TO POSITIVE: LOOKING AFTER PARENT AND CARER MENTAL HEALTH

Thursday 27 January 2022

stem4

supporting teenage mental health
registered charity No. 1144506

WHAT IS #PMHD?

stem4's Parent Mental Health Day (PMHD) encourages **understanding** and **awareness** of the importance of parents' mental health and its impact on the whole family system. With this year's theme being 'balance', the day aims to get parents and carers to take a moment to reflect on the balance they have in their lives and to take positive steps to make change.



**PARENT MENTAL
HEALTH DAY**
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THE #PMHD STORY

The past two years have been like no other, with huge impact on young people's mental health. With ever-changing restrictions, uncertainties, multiple roles, health, educational, economic and social impact, it is easy for parents and carers to overlook their own mental health as they juggle daily tasks.

Parent Mental Health Day is here to shine a light on the unsung heroes who have parented under changed circumstances throughout the pandemic, but now need some focus on themselves. By getting parents, carers and employers engaged in discussions, PMHD aims to challenge the stigmas surrounding parents' mental health and start a discussion about how they are coping.

stem4, a charity that supports young people to build positive mental health, is proud to be the UK founder of Parent Mental Health Day in 2022.

PANDEMIC IMPACT ON FAMILY MENTAL HEALTH

The pandemic has brought about unprecedented change. Although humans are instinctively reactive to change, the circular and chronic nature of the pandemic has led to exhaustion, negativity, and helplessness. For example, repeated lockdowns and caution when life has been renewed, together with the 'parenting-while-working juggle'. Chronic exhaustion, also called burnout, shows symptoms of physical and emotional drain. This makes all other areas that also need balancing all go out of kilter. For example, children and young people's mental health needs vs parent mental health needs; work time vs relax time; 'other fulfilment' vs self-fulfilment; keeping safe vs dealing with danger.

Children and young people's mental ill health is at an all-time high with further difficulties to unfold and emerge. Services are stretched and, with this, the threshold for acceptance to services only for those triaged as severe. Given that many mental ill health conditions respond to early intervention, taking early steps to make change makes a huge difference. Given lack of access to professional services, parents and carers alongside schools and colleges need to step in to offer early support. This is yet another ask on already stretched parent and carer resources and particularly difficult if their own mental health is compromised.

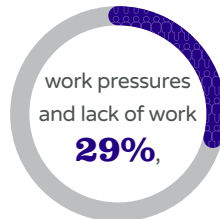
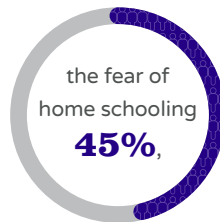
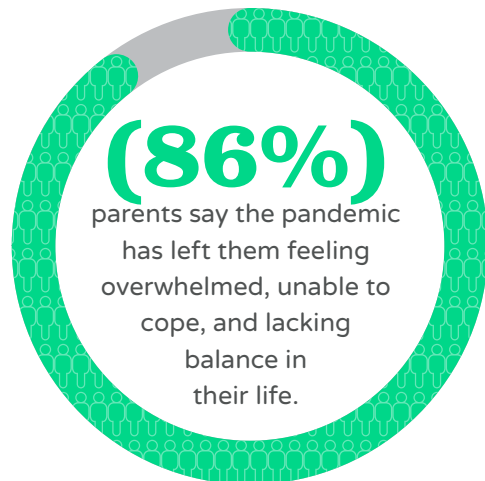
stem4's Parent Mental Health Day on the 27th January places importance on discussing shared issues in order to facilitate social support, and to challenge the feelings of isolation and struggle that some parents and carers may feel.



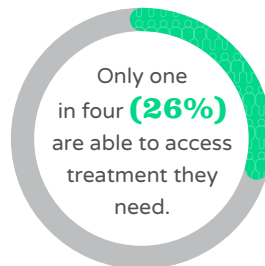
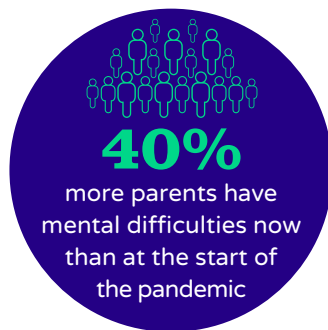
STEM4 2022 PARENT AND CARER MENTAL HEALTH SURVEY

New survey data, published today by youth mental health charity stem4 and marking Parent Mental Health Day (27th January), finds that most parents and carers have little or no time to take care of their own mental health needs, leaving four in ten in mental health distress.

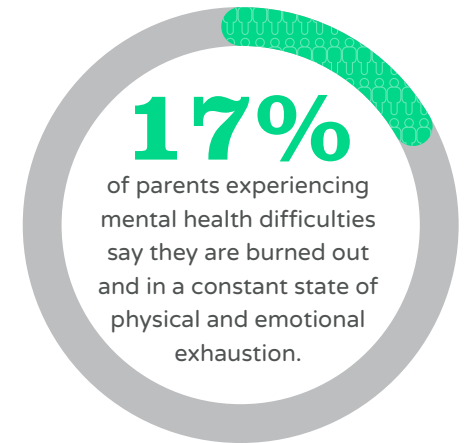
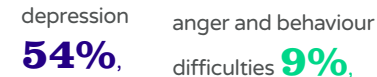
Major factors include: the effect of lockdowns,



Of the **1,000 parents** and carers surveyed, all with at least one child aged between 0 and 18 living in the home,



Mental Health difficulties experienced by parents include



Of the **four in ten parents** currently experiencing mental health difficulties, **44%** say they have not asked for help, either because they don't want to make a fuss (**46%**), they feel ashamed (**30%**), they don't want to upset their family (**22%**) or have their family think less of them (**23%**) or they fear that help won't be available (**13%**).

stem4's Parent Mental Health Day is here to shine a light on the challenges facing so many parents and to encourage discussion around these shared issues without feeling embarrassed to do so. Right now, many parents are feeling overwhelmed, negative, and helpless. Collectively we need to challenge the stigma associated with mental ill health by opening the conversation and to start tipping the balance towards positive mental health.

[Click here to read the full survey results](#)

TIPS FOR BALANCE

By Dr Nihara Krause, Consultant Clinical Psychologist

1

Note the challenges you are currently experiencing and reappraise their importance on a scale of 'most important to least' since it's very easy to feel overwhelmed when you are out of balance. You may then want to decide on addressing the most important challenge first.

2

When things are out of balance, our perspective often changes too. If your outlook has become overly negative or 'worst-case scenario' focused, dial down worst-case thinking to thoughts that have less negative consequences.

3

Ask for help if you can. Take the opportunity to share or offload a few of the tasks you have, or to give yourself a short break.

4

Find time to keep communicating with the rest of your family. Children and young people need time and consistency to feel safe to tell you if something is wrong.

5

Set up regular activities that enable family sharing. For example, a regular walk, game time, or baking.

6

Create 'micro self-care breaks' for yourself. This might mean taking a moment to have a slightly longer shower, sitting in your car to listen to some of your favourite music, or wearing something that makes you feel good.

7

Talk to someone you feel close to about how you feel. Admitting to feeling out of balance is often a relief and can help challenge feelings of failure, especially if you have very high standards for yourself.

8

Note accomplishments. When you are juggling many things, it often feels like you are just moving from one task to another rather than completing each one.

9

If you had pre-existing mental ill health prior to the pandemic, it's important to ensure the stress of juggling many roles and responsibilities and the tiredness that ensues doesn't re-trigger it. Take steps to look after yourself.

10

Face emerging challenges as a consequence of the pandemic. For example, if you have experienced loss, give yourself time to grieve. If your health has been compromised, take time to recoup.

For more tips, check out our [Balance Pack](https://parentmentalhealthday.co.uk) at parentmentalhealthday.co.uk

#PMHD WEBINAR

Parents and carers play a vital role in engaging and supporting family mental health needs from infancy to young adulthood. This is especially true now, even more so than ever, with stretched mental health resources able to only offer those most in need of help. However, as always, you do need to put your oxygen mask on first to be able to help your family take the steps needed to grow and change, adjust to transitions, enhance resilience, build good physical and positive mental health, and identify and manage mental ill health early, all of which are needed in order to thrive. We hope Parent Mental Health Day starts a conversation and provides an opportunity to reflect, so that you can take steps to provide yourself with some space to #TiptheBalance to positive and re-energise.

Thank you to Suzanne Alderson from Parenting Mental Health for speaking, Philippa Education Coordinator from the stem4 team for facilitating this event, and to you for your involvement and attendance.



Dr Nihara Krause, Consultant Clinical Psychologist
Founder and CEO stem4

PROGRAMME OF EVENTS:

7:00 pm	Welcome
7:05 pm	Dr Nihara Krause - CEO and Founder, stem4
7:25 pm	Dr Krause Q&A
7:35 pm	Suzanne Alderson - Founder and Chair, Parenting Mental Health
7:50 pm	Suzanne Alderson Q&A
7:55 pm	Evening Round Up
8:15 pm	Close

MEET THE SPEAKERS

Dr Nihara Krause Consultant Clinical Psychologist CEO and Founder of 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 and self-harm. 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 and Combined Minds apps for stem4.

Suzanne Alderson Founder and Chair of Parenting Mental Health



Suzanne Alderson is the founder of Parenting Mental Health, a global community and UK charity that supports, skills and empowers over 25,000 parents of young people with mental health issues as they navigate the practical and emotional impacts on themselves, their families and their lives. She started the community on Facebook in 2016 after her 14 year old daughter attempted suicide following a period of sustained bullying and Suzanne found herself in a desperate place, facing an uncertain future with little support and even less understanding.



Suzanne's book 'Never Let Go - How to Parent Your Child Through Mental Illness' was published by Penguin in 2020 and shares her experience and the approach she devised - 'Partnering not Parenting' - to support her daughter to recovery as well as running courses and mentoring on how to cope when your child has a mental health issue.

Suzanne is also a regular speaker and media contributor on how to parent through poor mental health as well as adolescent mental health and its impacts on families. She is a consultant to a number of corporate businesses supporting their leadership programmes and internal workplace wellbeing strategy, focusing on supporting parents and those affected by family mental health issues. She was recognised by Facebook in 2018 as one of its 100 most meaningful global community leaders, was named Digital Mother of the Year 2020 and is a Zinc VC Mental Health Fellow.

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.

For Parents

Parenting Mental Health

Our work supports, skills and empowers parents through our 24/7 digital peer community, emotional support services, events and training courses so they can be present, patient and prepared.

- parentingmentalhealth.org/

Beat

Beating eating disorders.

- 0808 801 0677 (Helpline)
- 0808 801 0711 (Youthline)
- 0801 801 0811 (Studentline)

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 across a whole spectrum of issues.

- 0808 802 5544

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. You can talk anonymously to other members and take part in group or 1-to-1 therapy with therapists.

- 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

Relationship support for young people aged 16-25 including support with their own relationship or a family relationship. Free on-line chat with a trained counsellor.

- relate.org.uk

No Panic

- nopanic.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/

For Young People

Beat

Beating eating disorders.

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

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

- nopanic.org.uk/

stem4 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.

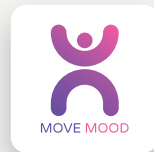
stem4's digital portfolio



Calm Harm is a free app to help teenagers manage or resist the urge to self-harm.



Clear Fear is a free app to help young people manage the symptoms of anxiety.



Move Mood is a free app to help teenagers manage symptoms of depression.

Get in touch

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For more information about stem4 and what we do, check out our website stem4.org.uk or email us at enquiries@stem4.org.uk