Mental Health

A guide for parents

It's possible that your mental health and wellbeing could be affected by the challenges that parenting brings, especially since the pandemic and during the current economic situation.

It is ok to feel stressed, anxious, worried or overwhelmed.

This is a normal reaction.

Use this leaflet to think of ways of protecting your mental health and wellbeing and to find help and support if you are struggling.

Follow:
NHS Borders Small Changes, Big Difference on Facebook for regular updates



Download on the App Store

GET IT ON Google Play

Download the **NHS Borders Money Worries App** on the Apple App Store and Google Playstore.

Six Ways to Be Well

Belong



It's important to stay connected - find ways to stay in touch and talk about how you're feeling. Speak to someone you trust - family, friends, neighbours. Try and find a group that has parents at a similar stage of parenthood to you, so that you can support each other.

If you don't have anyone to talk to or it's late at night, **Breathing Space** is a free confidential phone and web based service for anyone in Scotland over 16 experiencing low mood. The number is on the back of this leaflet.

Nurture



If you're feeling greater stress than normal, find ways to cope that will nurture your mind and your body. Work out a routine and try to think about what you CAN do.

Try to eat regularly and healthily, drink plenty of water, rest, relax and try to get enough sleep (your normal amount). Keep yourself safe - don't use smoking, alcohol or other drugs to deal with your emotions.

Visit **Health in Mind**'s website for videos about coping skills and breathing exercises that can help you to manage stress. https://www.health-in-mind.org.uk/services/news/bitesize-videos/

Be Active



Keeping active is important for mental health - whether you're an adult or a child. Get outside if you can. When you are indoors, try to move, stretch or dance to your favourite song.

To stay fit and healthy you should be aiming to do 20 - 30 minutes of moderate physical activity a day.

You could find a local **Walk IT** group near you - some are run by the Early Years Centres. They are social, low level, led by a Walk IT Leader and FREE. Call 01835 826 702 or visit www.facebook.com/Walk-It-1018931611476458/

Be Kind



Helping someone who needs it can make you feel good. Accept offers of help as the person giving it will feel good too. Remember to be kind to yourself - practise positive thinking and make time for self-care.

There are lots of organisations in the Borders trying to find volunteers. If you've got time to help, you can find out more about volunteering by getting touch with **Borders Community Action** - https//borderstsi.org.uk
If you don't have much time, maybe you could gather up things you don't need and donate them to a charity shop?

Enjoy and Learn

Learning something new can help self-esteem and could help take your mind off your worries. Having a hobby or doing something YOU enjoy is important for mental wellbeing - try and find some time for yourself.



It can be hard to find time when you're a busy parent but learning new skills can also improve your wellbeing. Think about what you enjoy doing - only you can decide that!

You might want to learn more about how to feel more in control of your mental health - **Togetherall** has some excellent online self-help courses. You can register for free at https://togetherall.com/en-gb/

Be Aware

Choose to slow down and take time to pause. Learn some calming breathing techniques, mindfulness or meditation to help you through times of heightened worry, stress and anxiety.



Taking slow, regular breaths can help you to control anxious thoughts and feelings, and make you feel calmer. Try to count from 1 to 5 as you breathe in gently, and again as you breathe out. Keep doing this for a few minutes.

Check out the feelinggood.app recommended by the NHS.

Wellbeing Point

If you have web access, visit NHS Borders Wellbeing Point for links to resources and information to help you look after your mental health and wellbeing

www.nhsborders.scot.nhs.uk/wellbeingpoint

Six Ways to Be Well resources - look after your own wellbeing

NHS Borders self-help booklets on a range of topics

Make an appointment to see a Wellbeing Adviser

Find support for your mental health

Suicide Prevention info and resources

CRISIS?
Samaritans
116 123
Breathing Space
0800 83 85 87

Help for children and young people

You might be worried about the mental health of your child. An online guide for young people's mental health and wellbeing is available to download here:

www.nhsborders.scot.nhs.uk/media/761074/YP-guide-to-mental-health.pdf

Visit www.youngscot/borderswellbeing for more info.

Wellbeing Service
Live Well Feel Better

Managing to live healthily during the whirlwind of parenthood is difficult for many of us.

The Wellbeing Service can support people aged 18+ with improving **emotional wellbeing, stress, and low mood**.

The team also offers support to **stop smoking, manage a healthy weight and get more active.**

Three ways to get an appointment:

- Fill in online form at **www.nhsborders.scot.nhs.uk/wellbeing**
- Contact the admin team on **01896 824502**
- Your GP practice can refer you

NHS inform

Visit www.nhsinform.scot/healthy-living/mental-wellbeing for a great selection of advice and guidance on all aspects of mental wellbeing - including free access to online CBT courses SilverCloud, Daylight (for anxiety) and Sleepio.

For wellbeing during pregnancy and early parenthood visit www.nhsinform.scot/ready-steady-baby

More complex issues?

For more complex mental health issues where there is a history of mental health problems or psychiatric illness/personality disorder, please refer to your GP for further assessment.

Local and national organisations that could be of assistance

In addition to the services listed here, there are specialist mental health services available in the Scottish Borders. Access to many of the specialist services is by a referral from your GP.

For the full range of the adults mental health services available, visit www.nhsborders.scot.nhs.uk/mentalhealthsupport

LOCAL SERVICES FOR PARENTS	Hours of Operation	Website/Email Additional Info
GP Surgeries	Mon - Fri Daytime	www.nhsborders.scot.nhs.uk
Wellbeing Service	Mon - Fri Daytime	01896 824502 www.nhsborders.scot.nhs.uk/wellbeing
RENEW Primary Care Mental Health Service	Mon - Fri Daytime	GP referral for Adults
Early Years Centres Galashiels, Selkirk, Hawick, Eyemouth	Mon - Fri Daytime	www.scotborders.gov.uk
Nurture the Borders Range of support for during pregnancy and first two years	Varied	0300 030 5361 www.nurturetheborders.com
Parent Space Support network, courses, befriending	Typically Tues / Weds / Thurs	www.parentspace.org.uk Self-referral possible

OTHER SERVICES	Hours of Operation	Website/Email Additional Info
NHS 24 **Mental Health Hub**	24 / 7	www.nhs24.scot Tel: 111 for urgent support
ParentClub Online tips and advice	24 / 7	https://www.parentclub.scot
Kooth Online counselling and support 11—18	24 / 7	https://www.kooth.com/
Togetherall Online support community 16 +	24 / 7	www.togetherall.com/en-gb/
Parentline Scotland Children 1st Help for families	Mon - Fri 9am - 9pm Sat - Sun 9am - noon	08000 28 22 33 www.children1st.org.uk/help-for-families/parentline-scotland/ for webchat
Change Mental Health Advice and Support Service	Mon - Fri 9am - 4.00pm	0808 801 051 https://changemh.org
Health in Mind Local 1-1 and group support	Mon - Fri Daytime	01896 807000 scottishborders@health-in-mind.org.uk
Mental Health and Money Advice	Online resource	www.mentalhealthandmoneyadvice.org/scot/
Relationships Scotland Counselling, mediation and family support	Infoline Mon - Fri 9.30am - 4pm	0345 119 2020 www.relationships-scotland.org.uk

Crisis? Ask for help

If you, or anyone you care for is feeling in crisis or having thoughts about harming themselves, please contact your GP or for urgent support telephone:

NHS 24 Mental Health Hub on 111

If someone is at immediate risk of ending their life or others are at risk, call the Emergency Services on 999

For emotional support in and out of normal working hours:

Samaritans (24 hours) **Tel: 116 123**
Email: jo@samaritans.org or visit www.samaritans.org

Breathing Space (NHS 24) Tel: 0800 83 85 87
Mon - Thurs: 6pm - 2am
Fri 6pm - Mon 6am
www.breathingspace.scot

Papyrus HOPELINE247 (24 hours) (Papyrus Prevention of Young Suicide)
Tel: 0800 068 4141
Text: 07860 039 967 more info at www.papyrus-uk.org

SHOUT 24 hour crisis textline **85258**
www.giveusashout.org

This leaflet is produced by the
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Scottish Borders Council

NHS Borders