

TOP TIPS

For supporting children and young people's mental health



The Family Justice Young People's Board (FJYPB) want YOU to look out for the signs or indicators of mental ill health in children and young people and to **TAKE ACTION** to support them.

1

- Listen to me.

2

- Be patient and sensitive.

3

- Introduce yourself with an interesting fact. Ask me how I am, ask me how you can help me and ask me if anything has changed recently. Keep in regular contact.

4

- Ask the other people involved how I have been recently and if anything has or is due to change that might affect my mental health.

5

- Take time to get to know me and understand my needs. Don't assume anything – see how I react first.

6

- Acknowledge my condition and its challenges. Tell me about how you might relate to what I am experiencing and how you dealt with it e.g. grief –the feeling of loss.

7

- Understand my cultural background and how it might affect my mental health.

8

- Encourage me to talk about how I feel and get my emotions out. Don't be judgemental.

9

- Make any necessary referrals on my behalf and keep me updated on the progress.

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- Remove or reduce any triggers. If there is a known trigger – don't ask, write it down.

11

- Proactively seek extra training beyond what is provided, so you know how best to help me.

12

- Give me options – ask me if I want to answer the harder questions first. After the options, check in with me and ask what I think. Tell me when the questions are over.

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- Recognise positive changes (no matter how 'small' those changes are) as improvement.

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- Identify a positive role model for me.

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- Signpost me to other services and online resources.

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- Meet me in a neutral environment.