

# Resilient Minds

## Parent Wellbeing Support Pack



Your school has recently taken part in Resilient Minds, a project aimed at improving the resilience and wellbeing of students, staff and parents and carers.

This pack has been put together to support your wellbeing, as well as that of your young person. You'll find activities and ideas you can use at home, as well as some useful signposting and information for you.



Lancashire and  
South Cumbria  
Integrated Care Board



Registered charity number: 1081427

# **Ideas for encouraging resilience at home**

Use the Resilience Framework (page 3) to talk with your young person about things they can do to be more resilient.

Use the Resilient Record (page 4) with your young person, or the whole family, to talk about thing you've done that day to be resilient.

If you have access to a printer, print out the resilience framework and pop it on the fridge.

Reward resilient behaviour as part of your usual reward systems at home.

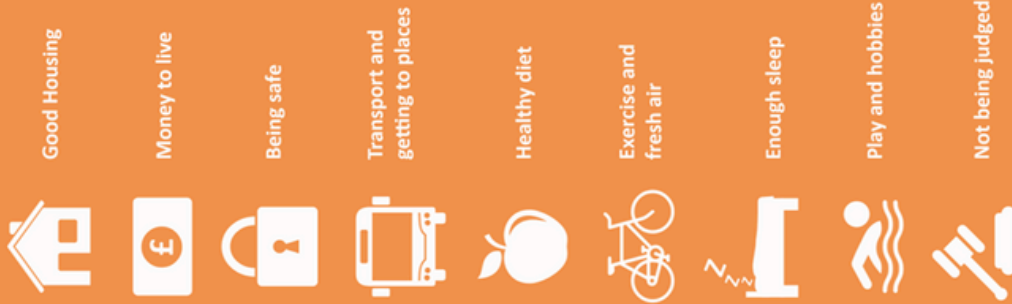
Create art or photograph ways that your young person has been resilient.

Use the wellbeing activities in the Resilience Workbook.



# RESILIENCE FRAMEWORK

## Basics



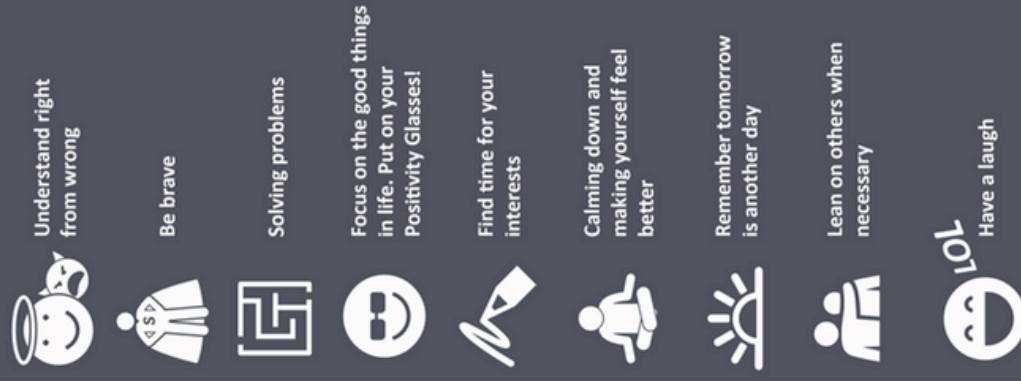
## Belonging



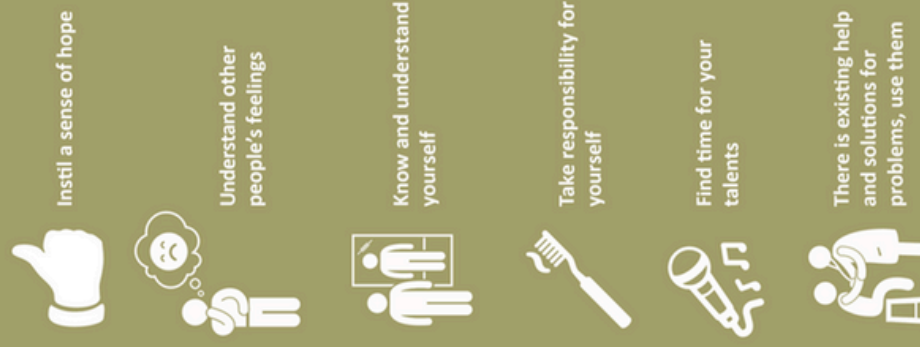
## Learning



## Coping



## Core self



## Noble truths



# Resilience Record

[illegible]





## Affordable adult therapy service.

### Counselling & CBT

**Our low-cost therapy service  
can help with:**

- Low mood & depression
- Relationship challenges
- Bereavement
- Life changes
- Anxiety
- Stress
- OCD
- PTSD
- Panic
- And more...

**Scan the QR code or visit  
our website for more  
information:**

[lancashiremind.org.uk](http://lancashiremind.org.uk)  
[therapies@lancashiremind.org.uk](mailto:therapies@lancashiremind.org.uk)



### Counselling

Talking therapy that helps  
you find solutions. Explore  
mental health challenges  
at your own pace.

### CBT (Cognitive Behavioural Therapy)

Helps you understand how  
your thoughts, feelings, and  
actions are connected. CBT  
is a team effort between  
you and your therapist.



**Start your journey to better mental health with Lancashire Mind**

**Register for your free virtual 121 personal wellbeing assessment.**

Access a free initial session, to determine the most suitable therapy option: counselling or CBT. Adults 18+

Then choose support from an experienced trainee therapist or a qualified therapist, (subject to availability).

## **Wellbeing & Therapeutic Services for Adults**

**Accessible and affordable mental health support.**

Our mission is to provide affordable therapy services tailored to you. Bypass long wait times and start your journey to better mental health today.

**Sessions start from £30**



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Registered Charity 1081427



**For more details**



## Lancashire Mind services for children and young people:

- Children's virtual wellbeing coaching - free for any child or young person living in Lancashire, between the ages of 10-18. Sessions are delivered online. <https://www.lancashiremind.org.uk/project/childrens-virtual-wellbeing-coaching/>
- Young People's Early Intervention Hubs - located in Burnley, Pendle, Preston, Fleetwood, Blackpool, and Blackburn with Darwen for young people aged 11-25. Sessions are delivered face-to-face. <https://www.lancashiremind.org.uk/project/childrens-hubs/>
- Children & Young People's Peer Support - this programme aims to enhance the mental health and wellbeing of young people aged 10 to 19 (up to 25 with SEND) across Lancashire in the following areas: Central Lancashire, North Lancashire, East Lancashire, Blackpool and Blackburn with Darwen. <https://www.lancashiremind.org.uk/project/childrens-peer-support/>

## Lancashire Mind support for parents:

Lancashire Mind offer virtual training, workshops and e-learning for parents on various topics:

- Supporting Your Child
- You and Your Young Person
- Understanding Self-Injury
- Supporting Parents & Carers

Find more information here: <https://www.lancashiremind.org.uk/project/parent-mental-health-workshops/>

## Facebook pages:

- Anxiety in our Children UK: <https://www.facebook.com/groups/210419082639279>
- Not Fine in School: <https://www.facebook.com/groups/NFISFamilySupport>
- Parents of Children with Mental Health Issues UK: <https://www.facebook.com/groups/1017464751655537>

## Useful websites

- Charlie Waller: <https://charliewaller.org/mental-health-resources>
- Every Mind Matters: <https://www.nhs.uk/oneyou/every-mind-matters/>
- Happy Maps: [www.happymaps.co.uk](http://www.happymaps.co.uk)
- Healthy Young Minds: <https://www.healthyyoungmindsllsc.co.uk/home>
- MindEd: <https://mindedforfamilies.org.uk/young-people/>
- Young Minds: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>
- [https://www.nspcc.org.uk/advice-for-families/mental-health-parenting/?utm\\_old=parenthealth](https://www.nspcc.org.uk/advice-for-families/mental-health-parenting/?utm_old=parenthealth)
- <https://www.childline.org.uk/info-advice/your-feelings/mental-health/someone-family-mental-health-problem/>
- <https://www.mind.org.uk/information-support/tips-for-everyday-living/parenting-and-mental-health/>
- <https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/>
- <https://www.samh.org.uk/about-mental-health/children-and-young-people/family-friends/resources-for-parents-carers>

## Useful books

- Positive Parenting by Susan Garcia
- Resilient Therapy: Working with Children & Families by Angie Hart, Derek Blincow and Helen Thomas
- What Happened to You? Conversations on trauma, resilience and healing by Bruce D Perry and Oprah Winfrey
- Parenting Children with Mental Health Challenges: A Guide to Life with Emotionally Complex Kids by Deborah Vlock
- The Whole-Brain Child Book and Workbook by Dr Daniel J Siegel & Dr Tina Payne Bryson