

This May Help – Advice for supporting your child’s mental health



[This May Help](#), is a new national initiative providing mental health advice to parents and carers who have concerns about their child’s mental health. This resource has been produced by the Quality Improvement Taskforce for Children and Young People’s Mental Health, Learning Disability and Autism Inpatient Services.

The website gives easy-to-follow advice to help families manage their child’s mental health. This advice was developed by NHS professionals and parents who’ve been through their own child’s mental health journey. Parents and carers have shared advice that helped them and that may also help other families.

Professionals who work with children are also being encouraged to use the website.

The advice covered on [This May Help](#) includes:

- self-harm,
- gaming and online activity,
- teenagers safety,
- eating disorders,
- school avoidance,
- understanding mental health,
- understanding teenagers,
- online threats,
- building rapport,
- building resilience,
- building a support network,
- self-care tips,
- managing an emergency,
- managing in a crisis, and
- preparing for a children and adolescent mental health services (CAMHS) appointment.

Gary Lineker, Myleene Klass, and Tanni Grey-Thompson are amongst 16 presenters featured in the films.

Please share the link to the films with your networks and contacts and include on your website and newsletters

[This May Help](#).

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