

*Top tips for  
talking mental  
health with young  
people*

- **Give your full attention, be curious and take it seriously. Try to resist the urge to dismiss what your child is telling you.**
- **Emphasise that you are always available to talk.**
- **Take time to reflect.**
- **Provide empathy because when they feel truly understood, they start to be able to manage their emotions and this has a big impact on their wellbeing.**
- **Be aware of your own stress and negative feelings. They can really get in the way of feeling close to your child.**
- **Choose a time when you can focus on your child and ignore distractions.**
- **If you are worried, you can find some advice and guidance listed in the leaflet or contact the school.**
- **If problems continue or you feel your child is displaying particular symptoms, we strongly recommend that you visit your GP.**

## RISK FACTORS

### Child/young person

- Anxiety or other mental health concerns
- Difficulties with managing and regulating emotions
- ACE's
- Low levels of confidence/ self-esteem
- Attachment issues with parents/ carers
- SEND or disability

### Family/home

- High levels of family stress
- Changes to home environment
- Being a young carer
- Loss and bereavement
- Family history of school avoidance
- Poor parental mental health

### School

- Bullying
- Difficult relationships with staff members
- Difficulty making and maintaining relationships
- Difficulties in particular subjects
- Demanding, pressurised academic environment
- Transition difficulties



## Emotional based school avoidance



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**EBSA refers to emotional based school avoidance which is reduced or nonattendance at school.**

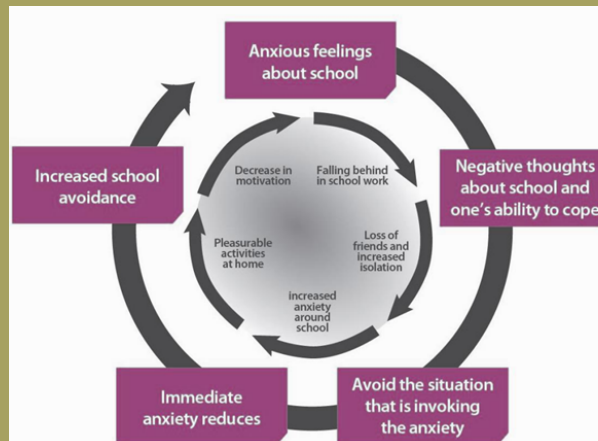
**It has previously been labelled as school refusal however this term can make a child seem defiant and may appear to be a behaviour issue.**

**This avoidance stems from issues within the child's emotions, mental health and wellbeing.**

*The cycle below helps to understand how this emotional based avoidance happens.*

*It demonstrates how a student can become stuck in the cycle which can cause their situation to worsen.*

*The inner circle demonstrates how this emotional based avoidance can directly impact on a student's school experience.*



*As parents and carers, it can be hard to know whether your child's feelings and behaviour are normal or becoming a problem.*

*Talking can be a helpful way for young people to manage their wellbeing as it helps them to make sense of and manage difficult experiences and feelings.*

**FURTHER  
SUPPORT/  
CONTACTS**



**MIND**

**0300 123 3393  
[www.mind.org.uk](http://www.mind.org.uk)**



**CHILDLINE**

**0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)**



**YOUNGMINDS  
PARENT HELPLINE  
0808 802 5544**

