

REMIT: RESILIENT MINDS TOOLKIT

A resilience and mental health guide for parents and carers



This guide has been co-produced by parents and carers of the Resilience Revolution, alongside other supporters from the Resilience Revolution.

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ReMiT: Resilient Minds Toolbox

Hi,

Well done on picking up ReMiT, a resilience and mental health toolkit for parents and carers, and for having the courage to think about the resilience and mental health of both yourself and your family. Every family is unique and can face different mental health challenges, so we hope that, whatever your situation, you will find this toolkit useful.

We want you to know that you are not alone, as we've all been on our own journeys too. You may be wondering who we are. We are a group of parents and carers who are passionate about resilience and making changes to improve the mental health of parents and families. We understand that our mental health is affected by both individual and social factors, so it is not just down to us as individuals to be resilient, we also need changes within society. We believe in taking action to improve our lives and our communities.

Maybe at the moment things might seem overwhelming, you might be feeling frustrated and powerless as a parent/carer and things might not make sense. You might be concerned about your child's mental health, which can be an extremely scary and isolating time. Picking up this toolkit is a step to making positive changes for you and your family.

We understand that, like us, you will be doing the best you can with the 'tools' you have. We have put together ReMiT to equip you with more information and techniques to top up your 'toolkit'. We hope it will empower you with the knowledge to support yourself and your family in a more positive and resilient way. YOU can do this; YOU are good enough, and YOU can come through the other side.

We have put this toolkit together with parents and carers of young people aged 11-18 years in mind, but it doesn't matter if your family are older or younger than this - it may still be useful to you too. Ask your children to check out the ReMiT guide for young people as well. We wish you all the best on your journey.

Best wishes,

FROM PARENTS OF THE REVOLUTION



WHERE THE WHOLE TOWN IS WORKING TOGETHER TO BUILD RESILIENCE!

The Resilience Framework

Resilience is our ability to not only cope with difficult times, but to bounce forward from them into a better place. Being more resilient can add a layer of protection to our mental health for when challenges come our way. We couldn't even start to think about resilience and mental health without first introducing you to the Resilience Framework.

On the next page is 'The Family Resilience Framework' – you can cut it out and put it on your fridge or anywhere where you can see it often. If you don't want to cut it out of this pack, you could always download it from here or find it on the Boingboing website (<https://www.boingboing.org.uk>) where you can also find different versions and different languages.

This Framework shows lots of actions we can take that have been proven to boost resilience. Being aware of the resilient moves we are already making, and trying to add new ones into our families' day to day lives, can increase our resilience and support our mental health. We find using the Resilience Framework empowering because it's full of lots of different things that we can do straight away to improve our families' mental health, which may reduce the need for professional intervention in the future. Let us tell you a bit about the Resilience Framework – there are 5 themes:

- **Basics**
- **Belonging**
- **Learning**
- **Coping**
- **Core Self**

Under each theme are a bunch of 'resilient moves', there are 42 resilient moves in total (don't worry, you don't have to learn them all!).

What is a Resilient Move?

A resilient move is an everyday action that can help you and your family build resilience. You are probably making lots of resilient moves already, without even realising it. Have a look at the Framework and see what resilient moves you are already making, or what you could easily start doing. You can start anywhere on the Framework, you don't have to do it in any particular order, and you don't have to do all the resilient moves. You might find that there is a positive chain reaction; this is where you work on one resilient move and find you have achieved lots of others in the process. You might also find that one resilient move is a turning point, where the direction of your life takes a different positive turn.



Basics

- We have good enough housing
- We have money to live
- We can keep ourselves safe
- We can use transport to get to places
- We have a healthy diet
- We exercise and get fresh air
- We get enough quality sleep
- We spend social time together
- We respect everyone's differences and receive the same respect



Belonging

- We have somewhere we belong
- We can find our place in the world
- We make time for our friends and family
- We try to keep healthy relationships going
- We are there to help each other
- We make the best of relationships around us
- We have a support network when times are tough
- We know our responsibilities and try to meet them
- We focus on good times and places together
- We understand what has happened in our past
- We can think positively about new situations and new people
- We make new friends and mix with others



Learning

- We encourage each other to achieve our full potential
- We can take guidance from others
- We plan out our futures together
- We are organised
- We celebrate our achievements
- We learn and share new skills with each other



Coping

- We have rules and try our best to stick to them
- We are brave when we need to be
- We solve problems as a team
- We focus on the good things
- We are committed to activities that we enjoy doing
- We can take time out to relax
- We remember tomorrow is a new day
- We can lean on others
- We have a laugh



Core self

- We have hope
- We try to understand how other people feel
- We know and understand ourselves and each other
- We take responsibility
- We find time for our talents and interests
- We can identify local services and use them when needed

RESILIENCE FRAMEWORK, A FAMILY VERSION

Noble truths



Accepting



Conserving



Commitment



Enlisting



Blackpool Council

Adapted from Hart & Blinrow with Thomas (2007) co-produced with Parents of the Revolution, Blackpool (2020)

Working on the Resilience Framework helps us as parents and carers feel as though we are achieving something, even during difficult times. This makes us feel empowered and pushes us to make more resilient moves; constantly building on what we have done before and what we can do next. Here are some examples of resilient moves that we, Parents of the Revolution, have been making to help us manage whatever challenges life throws our way.

Basics

Having the basics in life is really important for our mental health, such as having enough money to live, a healthy diet, exercise and fresh air, enough sleep, and feeling safe. For some basic resilient moves we need the system to change in order to have them. However, there are other basic resilient moves that we, as a family, can achieve. Here are some Basic resilient moves that we have been making lately that have really helped us:

We can keep ourselves safe



- I volunteer for Neighbourhood Watch to keep our neighbourhood safe, and I am also part of a litter picking group. This increases my sense of community spirit and gives me a sense of achievement.



We get exercise and fresh air



- I get fresh air and exercise every day due to having a dog. I love walking to the beach, taking time to be close to the water and enjoying local parks and fields. Walking in nature helps me to stay calm.



We get enough quality sleep



- A sleep routine is a really tough one for me, especially in the spring and summer months. A nice bath with a drop of lavender oil and a good book can do the world of good to help me with bedtime routines.



We spend social time together



- No matter how chaotic things have been during the day, we still have a nice meal together at the table and talk about our day, which always brings laughter.



We respect everyone's differences and receive the same respect



- It's always a work in progress as my children get older because I have to have new conversations with them about what's right and wrong. As I am their role model, I try to help them understand that everyone is different and deserves respect.



Belonging

Belonging is all about having people we can rely on and feeling we are accepted for who we are. It might include having good relationships with parents or carers, friends, teachers, people in the community, a pet or even a favourite place. Belonging to a group of friends, family or club helps us feel valued. Here are some resilient moves that we have been making lately to help our sense of Belonging:

We are there to help each other



- I am part of a group of parents, carers and professionals, and we work together developing and running mental health and emotional wellbeing workshops to support other families. Helping make better support systems for other people in similar circumstances gives me a sense of value.



We make the best out of relationships around us



- It's important to build positive and mutually respectful relationships with those involved in my child's life, such as their teacher, neighbours, social workers and anyone else who might be involved at different times. I felt I had to work on these relationships and make them as healthy as possible for the sake of my family.



We have a support network when times are tough



- It's important to support your friends and be supported by them in return. I joined a local parent/carer group called Parents of the Revolution. We support each other in many ways including working together to make a change in our town.



We understand what has happened in our past



- Understanding my past is an ongoing thing for me. I have done a lot of research and reflecting on who I am. I am currently having weekly counselling, to understand my past and my triggers. My younger self wasn't equipped to deal with the issues I faced and didn't have the tools to work through them. These difficulties have made me who I am today, but it is something I continue to work on daily.



We can think positively about new situations and new people



- My daughter received a certificate from HeadStart for starting in her new school. We celebrated as a family, she got a well-deserved treat and we put the certificate on the noticeboard. We turned a challenging situation into an exciting one.



We make new friends and mix with others



- Making friends has always been a good skill of mine. You could put me in a room with anyone and I would easily make conversation. I love making new friends and listening to others; there's always a story to share! I also enjoy walking the dog in the local community, because it's a great way of meeting and talking to new people; even just a smile can make a difference to someone's day.



Learning

Learning includes a wide range of things, from work, to education, to learning about ourselves, developing life skills, celebrating family achievements, being organised and having aspirations. Here are some examples of resilient moves we have been making to support our Learning:

We encourage each other to achieve our full potential



- I have been working alongside professionals to change the social care system and this has enabled me to reach my full potential. It has increased my confidence and self-esteem. I feel valued as I have been part of making changes to systems that haven't always worked for us in the past. I have grown a lot as a person by being involved.



We can take guidance from others



- I always look for opportunities to share the Family Resilience Framework and have generated a game, please feel free to try it out, you can find it [here](https://wordwall.net/resource/3856474) (<https://wordwall.net/resource/3856474>).



We plan out our futures together



- When going through the Covid pandemic, lots of things were 'up in the air' and it has been difficult to plan for the future. I have encouraged myself and my family to keep it real, be honest, brave and take it day by day.



We are organised



- We prepare for the next day the evening before to make sure that we don't forget anything. This includes school uniform, packing school bags and writing appointments down in the diary. My son takes daily medication, so it's important to check how much he has left and order more before it runs out.



We celebrate our achievements



- Everyone has different potential, and our achievements might be different, particularly if your child has special needs. For my son, who has sensory issues, getting dressed was a big milestone and I remember this achievement with pride.



'Everybody is a genius but if you judge a fish for its ability to climb a tree, it will spend its whole life believing it is stupid'.

(Albert Einstein)

We learn and share new skills with each other



- I am curious when learning new skills, such as making an apple crumble and completing a course on autism. I try to be kind to myself if I don't always get things right first time, and I keep trying. Learning a new skill needs patience and a self-belief that I will achieve this.



'A life spent making mistakes is not only more honourable, but more useful than a life spent doing nothing'.

(George Bernard Shaw)

Coping

We all have difficult times when we might feel distressed, worried and unhappy, and it's important to find ways to cope that work for you and your family. Coping skills take a bit of practice and it can be trial and error, however, learning from mistakes is one way we build our strategies. Learning how to solve problems, be brave, calm down and positive thinking are all skills that can help us cope with what life throws our way. Here are some Coping resilient moves that we practice:

We have rules and try to stick to them



- In our house, we don't like insulting words and we try to be polite and support each other rather than criticise each other. Even though sometimes we don't manage it completely, I think it's really important to practise this together as a family.



We solve problems as a team



- I am part of a team of parents and carers. We are working hard to change systems that haven't worked for us, such as working with social care – this system didn't work for me at all because I felt blamed as the parent. I now sit on interview panels for new social workers, deliver training, and work with social services to make improvements for families. I feel really passionate about this work and feel we have started building bridges between families and social services.



'I have not failed, I have just found 10,000 ways that won't work'.

(Thomas Edison)

We focus on the good things



- We always try and get together as a family once a week and give two positives about what we like about each other. It can be nice after a particularly tough week to make time to say good things about each other. It makes me feel appreciated as a mum and that I am doing ok after all.



We are committed to activities that we enjoy doing



- I like to chat with my good friends, to shop, watch TV and I also like doing my puzzles. Being able to knit, cross-stitch and crochet also takes my mind off things. Taking this time to focus on things I enjoy is really important for my own wellbeing.



We take time out to relax



- It is important to take time out for myself - I have a bath with essential oils, read a book, go for a walk, have a movie night with snacks, or have my nails done. I also like to colour, do some meditation, and do a little Tarot reading in my spare time. Sometimes I put my headphones on and do an audio awareness exercise – it's only about 3 minutes long – or I will put on some uplifting music.



We can lean on others



- I have been overwhelmed with lots of personal things over the last few weeks. This has resulted in a few tasks being put to the bottom of the pile. Just reaching out to friends and colleagues has helped me to share my workload, which has helped relieve me of so much anxiety.



Core self

Core Self is about working on yourself: self-care, self-love, understanding yourself and your experiences. All these things go towards building you up and being your own champion. We all have talents and personal qualities that we can work with, to help build self-esteem and confidence. Here are some Core Self resilient moves we have been making to achieve this:

We have hope



- If I fail at something, I don't give up, but keep working on it until I manage it – I know I will eventually succeed. I carried on doing my exams until I passed them! I also use positive affirmation cards, which give me messages of hope and encourage me to keep moving forward and remember that tomorrow is a new day.



We try to understand how other people feel



- I am able to empathise with other people. Everybody has different experiences and I think it is always important to be kind. I try to remember everyone's feelings are valid, that people might show distress in different ways, and I always try to understand what is going on for people around me.



We know and understand ourselves and each other



- Because I have struggled with my own mental health, I like to know my own limits, my triggers and understand how to manage them. This requires a lot of self-awareness. I know I am a survivor, warrior, mother, sister, daughter, friend and much more – I've just got to figure out where exactly that puts me in the world!



We take responsibility



- My son has additional needs and didn't receive the support and understanding he required in school, which led to him being excluded. My son is now at college and doing well, and I wanted to use my experiences to help other families in similar situations and to make a positive change. So I joined a group of parents/carers, school staff and young people campaigning to bring down the number of exclusions in our local schools.



We find time for our talents and interests



- Lots of my talents are around being a parent – making a nice home, cleaning and being organised. Being a parent of children with special needs means my individual identity can easily get lost, so I try to make time for other talents to ensure I keep my individual identity. I make time for myself for self-development and to learn new skills.



We can identify local services and use them when needed



- I find support from other parents and carers really useful. There are always other parents and carers who have experienced similar challenges, and who can give advice and recommend support services that may help.



So, these are examples of how we have used the Resilience Framework to work on our own resilient moves. We find that it is the everyday little steps that can make the biggest difference for our families. We call this 'Ordinary Magic'. You can have a look at the Framework and map out what resilient moves you are already doing and pick one or two that you would like to work on next.

What are the Noble Truths?

You might have noticed that there are four Noble Truths on the Resilience Framework. Noble Truths are the principles behind all our resilient moves. Let us explain:

Accepting – We have to start by accepting where we are in our journey right now, without blame, guilt or shame. Accept that we are doing the best we can, under what might be challenging circumstances, and accept the help and support that other people might offer.



Conserving – Sometimes we can focus on the things that aren't going so well and forget the good things in our life. There will be challenges but it is important to try and find something positive. We need to conserve and hold onto these no matter how small they seem. Let's focus on our strengths rather than just our difficulties.



Commitment – This is about the continual commitment that you have to yourself, your family and your children. Hanging on in there and being consistent is key.



Enlisting – It's so important to realise that you can't and don't have to do it all on your own. Enlisting the help of others and building a network of people who understand, appreciate and value the effort that you are making is important. We also might have to build all our own strength and resources to work through challenging times.





Top tips to support your child's mental health

As a group of parents who have had experiences of children with mental health challenges, we know how frightening and lonely it can feel when things are tough. We also know how valuable non-judgemental advice can be, especially from other parents and carers who have had similar struggles. We have put together some 'Top Tips' to support you and your child with specific mental health issues. We hope you find these as useful as we have when we have needed advice from other parents and carers. Lots of times conversations like this will take place on social media like these Facebook conversations below:



I'm really struggling with knowing how to support my child's mental health, any advice please? #Bekind...



For us, we try to talk about mental health in everyday, normal conversations rather than waiting until there's a problem. This can make it less scary to talk about when things aren't going so well. We find it easier to talk about the 'Big Stuff' when we are doing something together such as walking the dog or driving in the car..



I look out for any changes in my teenager's mood and behaviour. They might become more withdrawn, communicate less, seem less motivated, or I notice a change in their sleep or eating. Then I know I need to give them some extra attention and care, and I make sure I have more time for them. Try to stay connected and work on your relationship together, even if it is just 10 minutes together at teatime.



I learnt how important it is to not judge or jump in with my opinion. I try to be curious rather than judgemental and I try to listen fully – this can be hard at times! Be comfortable with silences and show empathy with little comments like 'That sounds really hard'.... 'I'm sorry it's tough for you at the moment', 'How can I help you?' Our children care about what we think of them, even if it doesn't always feel like that.



Having positive mental health isn't about always feeling happy, but about being able to manage painful emotions and having hope – remember, tomorrow's a new day.



Thank you so much for all your advice, I will try some of your ideas #fingerscrossed



My child is really struggling with doing everyday things 'cos of their anxiety. How can I help him manage this better – at wits end #alladvicewelcome



Like



Comment



We all feel stressed sometimes. Some stress is ok and keeps us safe, such as through lockdown. When mine struggled with mental health, it really affected my own mental health and made me quite ill. Make sure you look after yourself.



My child was bullied in school, and I left an abusive relationship. Try and understand what is causing your child's anxiety and whether any stressors can be removed. For example, reducing school pressure and keeping home as calm as possible. I know that it's not always easy, some things are out of our control.



Is your son avoiding things he is anxious about? Try to support him to slowly and safely re-introduce what he is avoiding. Break the challenge down into very small steps, working at his pace. Hope this helps and things get easier for you guys. Good luck!



#Knowledgeispower.... Understanding what is happening, what causes anxiety, how it affects us... learn as much as you can, it's empowering! There's lots of useful websites and online parent support groups that can help you learn what anxiety is and how to build strategies to manage it.



We have found ways to manage our stress better. My child loves their self-soothe box. It's an old shoebox which they've filled with things to keep them calm - family photos, chocolate, a squishy, puzzle book and letters. I have one too, which is great for helping me unwind and stay calm!



Hey, fab advice and it has really helped. I didn't realise that just doing these little things could make such a difference #thankyou



I'm really worried about my daughter – she's become really withdrawn, staying in bed, no motivation to do anything, what can I do to help her? Thanks xx



Like



Comment



My child also struggles with low mood - going back to basics really helped us. Drinking lots of water and eating healthy food, getting them out for fresh air and exercise when I could, and encouraging them to keep socially connected with friends is also important.



I found it was extra important to stay connected to my child when her mood was low as I felt she was withdrawing from me. Grab the small windows of opportunity with them where you can - compliments, hugs, movie nights, having a laugh. Try to create some family fun time together where possible.



What helped my child was setting small achievable tasks. This gave her a sense of purpose and built her confidence back up. Little rewards gave her incentive to try the next challenge.



You could get your daughter a diary or worry dolls. Writing his feelings in a diary helped my son see the positives and become less overwhelmed.



What helps your daughter feel relaxed or comforted? For mine, it is listening to music, drawing, having a pamper night and talking to friends. My daughter can do puzzle books for hours!



How long has it been going on for? You might need some extra support if it has been going on for some time and impacting everyday life. Do reach out for help if you need it. Go to your GP, speak to your child's school or be referred to CAMHS. Be prepared, it can be a long road!



Thanks for all your advice – we have spent more time together over the last few days and I feel we can get through this together #parentpower



Just found out my teenage son has been cutting himself. I am so worried and don't know what to do or where to go for help. #Pleasehelp



Like



Comment



I feel for you. It can be so distressing and you can feel so powerless – I know 'cos I've been there too. It is really important to look after yourself in order to be able to support your son.



I worried I did the wrong thing when I first found out my child was self-harming. I have found that, simply by being with them, letting them know that they are loved unconditionally, and I will always be there for them, really helped. Good luck #selfcare xxx



Our kids might self-harm for lots of different reasons and addressing what is causing this distress, as well as ways to manage self-harm, is really important. So, the most helpful thing I found as a mum, was to make my child feel safe to confide in me. Be non-judgemental, listen and have open and honest conversations – it's so important.



For us, helping my child find other ways to cope was helpful. We made a simple safety plan together, where we removed sharp objects out of reach, identified who they could call if they were upset and what they could do to calm down. If your son is self-harming regularly, causing significant harm to himself, or has thoughts to end his life, then do reach out for more support. Speak to your GP or your son's school for a referral to CAMHS. If you think he is in immediate danger, go to A&E. Please don't be scared to get help if needed.



Thank you everyone for your help. I think it is going to be a long journey but am feeling less isolated knowing I am not the only parent going through this #peersupport



We have had lots of challenges throughout mine and my children's early life. I can't stop thinking that they are now traumatised and worry about how they are coping. Anybody have any experience or advice about this?



Like



Comment



It sounds like perhaps you have also experienced trauma? I hope you are doing ok. Do you know what your own triggers are and are you looking after yourself? #Selfcare



Thanks for your support. I am trying to make sense of what has happened in our lives. I am finding that understanding our past is helpful. I am noticing that certain things trigger me. Some triggers we can avoid but it's not always possible. Just being aware of the impact can be helpful in itself. Just worried about my kids now.



It sounds like you are being there for your kids. Just being there by their side, giving gentle reassurance and showing empathy and compassion is invaluable. This will help them to feel safe and secure. We find making our home as safe and calm as possible helps.



I try to remain calm and speak gently to my child and remind them that they are safe. You could help your child stay grounded in the present by using their senses – nice things to smell, taste, feel, hear and see.



I have found that my children have become more controlling. I am trying to find some areas in their life that they can have some control over to help them feel more empowered. I am worried about how they are going to be as they get older.



Most people who experience trauma can go on to be just fine, especially if they have lots of other positive things in their life (like Resilient Moves from the Resilience Framework). It sounds like you are one of the most positive resources they have! Some of us do require some additional support, and it is ok to ask for help if you and/or your children need it. We've reached out for support at different times when we've needed it. Best wishes xx.



Thank you, it is so reassuring to connect with other parents who have had similar experiences. It has helped me lots just by chatting with you today. #peersupportpower.

Online peer support

We find it really helpful to link up with other parents and carers, who might be having similar experiences. It can make us feel less isolated, more empowered, accepted and not judged. As a community of parents and carers, we have lots of on-line peer support from groups such as 'Facebook groups'. You can find lots of Facebook groups about the issue that is affecting your family by using the search engine. Please be careful when joining Facebook groups and make sure they are right for you. We recommend groups that are peer led, moderated by admin, interactive, UK based, non-judgemental, supportive and that give safe advice. Here is an example of some Facebook groups that we find useful:

Facebook pages

ADHD / ASD UK Community Support Group: This is a support group for parents and over 16's affected by ADHD and/or ASC (Attention Deficit Hyperactive Disorder / Autism Spectrum Disorder). **Link:** <https://www.facebook.com/groups/adhdukusupport>

Action for Happiness: We love this group, it has about 1,000,000 followers. It is a social movement of people taking action to create a happy society.
Link: <https://www.facebook.com/actionforhappiness>

Anxiety in our Children UK: This group is helpful for parents whose children have, or believe they may have, anxiety issues. This group is to share our worries, advise each other and generally to be there to support each other in a nice welcoming manner.
Link: <https://www.facebook.com/groups/210419082639279>

Not Fine in School: A supportive online space to join with people who are concerned about their children experiencing difficulties attending school – for reasons including anxiety and other mental health difficulties, unmet SEN needs and bullying. This space offers information, research and campaigns, that relate to attendance difficulties.
Link: <https://www.facebook.com/groups/NFISFamilySupport>

Parents of Children with Mental Health Issues UK: This group offers peer support for parents of children with different mental health issues.
Link: <https://www.facebook.com/groups/1017464751655537>

Parents of Children with Learning Disabilities: This group help parents navigate the EHCP system and also provides helpful everyday techniques to support your child's needs.
Link: <https://www.facebook.com/groups/540775913018014>

PEGS: This group supports parents who have children displaying physical and emotional violence. **Link:** <https://www.facebook.com/groups/588379068738900>

Single Parents of Children with Autism: Created by a mum, to serve as a forum for other parents of children with autism. The group also supports individuals impacted by autism, to share experiences, resources, trials, challenges and achievements. We use this group a lot! **Link:** <https://www.facebook.com/singlemotherswhohavechildrenwithautism>

Support for Parents of Children with BPD (Borderline Personality Disorder): This facebook group can support parents with the issues they are facing and suggest helpful strategies. **Link:** <https://www.facebook.com/groups/2480894032130534>



“For me, Facebook groups give me a space to talk online where no one knows who I am. I meet people who I can relate to and who don't judge me and I great some great tips and advice”

Useful websites

There is a lot of useful information on the internet. Clear and accurate information can equip us with useful strategies and can help us develop our understanding of our family's mental health needs. Scrolling lots of different websites, however, can feel overwhelming and we can feel overloaded with information. We have looked through many different websites to put our list of recommended sites together. We have chosen these because we found them accessible, clear, concise and they gave useful information and further signposting for a range of different issues.

ADHD Foundation: This is a really informative, interactive and easy to use website. There are some great hints, tips and links to further resources and useful information about ADHD and additional support available.

Website: <https://www.adhdfoundation.org.uk/>



Anna Freud Centre: This website has really useful podcasts for families, covering topics such as trauma, medication safety, what is therapy, bonding with your baby and the adolescent brain.

Website: <https://www.annafreud.org/parents-and-carers/child-in-mind/>



National Autistic Society: This is a great website for parents to seek help and strategies to support their autistic child. The simple layout is easy to use and visually not over stimulating, making it accessible for everyone. It has some great resources.

Website: <https://www.autism.org.uk/>



Blackpool Headstart PSHE: This website is a must for parents, as there are digital drop-in sessions for parents to meet online to discuss important topics affecting young people. There are also links within the website to activity packs, YouTube and news articles that apply to young people and how their parent/carer can help to support them.

Website: <https://sites.google.com/headstart.blackpool.org.uk/pshe-parentcarer-site/home>



CAMHS Resources: This is a really useful website full of videos, downloads, books, apps, and lots of general information about mental health.

Website: <https://www.camhs-resources.co.uk/>



Charlie Walker: A website that gives reassurance and encouragement to parents and carers, with good tips on how to support your child. **Website:** <https://charliewaller.org/>



Dads Net: A dads' community, which has forums, info of local dads' groups, practical advice, podcasts and much more. **Website:** <https://www.thedadsnet.com/>



Every Mind Matters: Lots of useful information presented clearly and simply with a section for parents. There are also tips on how parents can look after their own mental health by making their own 'Mind Plan'.



Website: <https://www.nhs.uk/oneyou/every-mind-matters/>

Family links: Amazing resources for parenting advice - lots of top tips about parenting and has a section just for dads.



Website: <https://www.familylinks.org.uk/resources-for-parents>

Happy Maps: This offers support for you and your child from preschool to young adult. They have pooled some of the best resources and advice in one place. Find recommended books, websites, apps, how to find counselling, when to see your GP, and information about Child and Adolescent Mental Health Services.



Website: www.happymaps.co.uk

Healthy Young Minds: This is the official website for Lancashire and South Cumbria CAMHS teams (including Blackpool CAMHS). It is still under development but there is lots of information that can be found to support you and your child.



Website: <https://www.healthyyoungmindslsc.co.uk/home>

Mermaids: Great info, videos and an on-line parent community for parents supporting transgender and gender-diverse children. A very colourful website!



Website: <https://mermaidsuk.org.uk/>

MindEd: We really like this website and think it's really useful. It has on-line training sessions, covering a wide range of issues (such as tics, sleep, bullying, and lots of others) suitable for any family member to do.



Website: <https://mindedforfamilies.org.uk/young-people/>

NHS: Five steps to wellbeing is an NHS website giving good, straightforward tips on how to look after your wellbeing.



Website: <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

Young Minds: Offers a parent helpline, e-mail service and webchat. Call free on 0808 802 5544 from 9:30am to 4pm, Monday to Friday.

Website: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>



“I regularly look up information on websites. The more I know about an issue the better prepared I feel to deal with things”

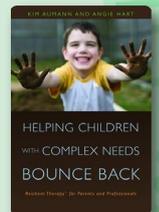
Useful books list

Here are our ‘Top Ten’ book recommendations. You should be able to find all these books in your local library (or they can order these in for you). Lots of them are also available as e-books which is helpful for those of us with impaired vision or those who are unable to visit the library. We hope you enjoy reading these as much as we have.

Helping children with complex needs bounce back

by Kim Aumann and Angie Hart

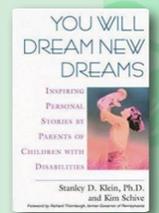
Bringing up a special child can leave parents feeling de-skilled, disarmed and worn down. This is a tried-and-tested handbook for parents to read from cover to cover, or dip in and out of as needed. Accessible and fun, including exercises and worksheets, as well as breaking down the principles of the latest research, making them easy to apply to everyday situations.



You Will Dream New Dreams: Inspiring Personal Stories by Parents of Children with Disabilities

by Stanley D Klein

This is a collection of real-life stories, written by parents of children with disabilities; who speak from the heart on how they mourned for the child of their dreams. They learnt the importance of turning to friends; instead of being ‘strong’ all the time, experiencing the heart wrenching letting go of certain expectations for their child, and finding the unexpected joy of discovering new dreams.



Positive Parenting

by Susan Garcia

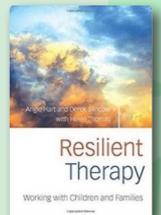
In this book, the author uses all her lived experience of being a mum of two and a counsellor. She explains the technique of positivity/positive discipline and, the best way to apply it in everyday life. It includes information on practical examples of daily life with children, how to impose logical consequences without punishment, how to improve communication with your child, how to connect with your child and how to raise happy children.



Resilient Therapy: Working with Children & Families

by Angie Hart, Derek Blincow and Helen Thomas

This book is designed to help children, young people, families and professionals find ways to keep positive, when faced with disadvantages throughout life. It looks at how Resilient Therapy works in a real-life situation.



Be a Great Single Parent

by Susie Hayman

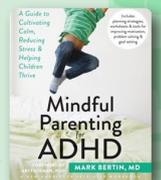
This book offers a step-by-step and jargon-free guide to all the things that most concern you. From... What being a single parent means to you and your child emotionally; How to cope with the practical realities day-to-day; How to socialise with parents like yourself and benefit from the many support networks available.



Mindful Parenting for ADHD

by Mark Bertin MD

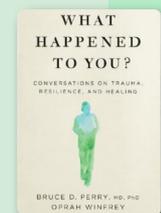
This book will help you and your child with ADHD stay calm and in the present moment. It addresses various symptoms of ADHD, using non-technical language and a user-friendly format. It is a valuable guide for parents, caregivers and mental health professionals.



What Happened to You? Conversations on trauma, resilience and healing

by Bruce D Perry and Oprah Winfrey

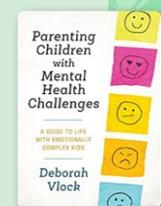
Many of us experience adversity and trauma during childhood that has lasting impact on our physical and emotional health. Shifting the focus from 'What's wrong with you?' to 'What happened to you?' can open up a new and hopeful understanding about why we do the things we do and why we are the way we are, providing a road map for repairing relationships, overcoming trauma and living better and more fulfilling lives.



Parenting Children with Mental Health Challenges: A Guide to Life with Emotionally Complex Kids

by Deborah Vlock

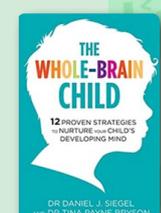
This book offers guidance, solidarity, and hope. The author is a mum of a child with multiple mental-health challenges. Drawing on her own experiences and those of other parents, she explains how things can be okay. The book shows that you're not alone, the importance of looking after yourself, and aims to make parents of children with mental health challenges, feel stronger and better.



The Whole-Brain Child Book and Workbook

by Dr Daniel J Siegel & Dr Tina Payne Bryson

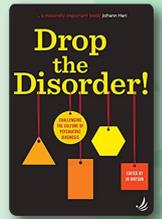
This book looks at how a child's brain is wired and how it matures over time. Featuring clear explanations, age-appropriate key strategies, and illustrations that will help you explain these concepts to your child.



Drop the Disorder

Edited by Jo Watson

This book brings together activists, survivors and professionals to debate psychiatric diagnosis. It explores why and how psychiatric diagnoses hold such power and what the alternatives are. It brings together many stories and messages in the struggle to challenge diagnosing distress, often rooted in social adversity, as mental illness.



“The good thing about reading a book is that you can go back to it time and time again. Some of these books I have read a couple of times, when I have needed to think about different issues in my family at different times”

Local Services for Parents / Carers

There is a lot we can do to develop family resilience. We can look at how we can support our children’s mental health, and develop ways to help us all manage. There may be support we can get from family, friends and other support networks. Sometimes, however, we just need a bit more extra support. There is lots of really good support available in the community, and it doesn’t always have to be specific mental health support that helps our families’ mental health – being involved in community action, community networks and activities can have a really positive impact on how we feel (and covers lots of resilient moves from the Resilience Framework). We have created the next few pages so you can make notes about all the organisations in your local area that could support you and your family – we particularly recommend noting information about organisations to which people can self-refer and that are free of charge:

First of all, if you are at all worried about the safety of any of your family, it is important that you seek help:



NHS urgent mental health helplines: If you are worried about suicidal thoughts and/or self-harm please find your local NHS urgent mental health helpline – Go to <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>. They can offer 24 hour advice and support for young people, parents and carers, help you find a mental health professional to speak to, help set up an assessment or advise you to go to A&E if required.

Samaritans: (If you need someone to talk to, they listen, don’t judge or tell you what to do. Call them anytime, day or night: 116 123: email jo@samaritans.org (24-hour response time). For anyone over 18.

Local sources of community support

Your local area:

Organisation:

What services they offer:

Address:

Phone:

Email:

Website:

Social media pages:



What parents/carers say:

Organisation:

What services they offer:

Address:

Phone:

Email:

Website:

Social media pages:



What parents/carers say:

Organisation:

What services they offer:

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What parents/carers say:

Thank you!

Dear Friend,

Thank you for taking your time to look through our Resilient Minds Toolkit (ReMiT). We really hope it has given you some tools to help you and your family.

We know writing ReMiT has helped us on our journey. It has given us a sense of achievement, a sense of purpose, and made us feel valued; even though it was really hard work! We hope it was worth it and that it supports other families, like it supported us. Did we mention we are from the Resilience Revolution, and we are a group of parents and carers called 'Parents of the Revolution Take a Stand'? Co-production is at the heart of everything we do and we strongly believe that parents and carers with lived experience, working alongside professionals as equals, breaks down barriers, improves services and changes systems. System change is where we aim to change the problems within society and address inequalities. For example, we would like the mental health system to be more diverse and inclusive, where the value of peer support is fully recognised and appreciated. We hope we have made some steps in that direction with ReMiT.

As part of the Resilience Revolution, we take a whole town approach to improving resilience. This means working with the whole community to make Blackpool a better place to live for all. We would love you to come and join the Resilience Revolution; everyone is welcome. If you would like to find out more or join us, please follow our social media pages and send us a message (facebook and Instagram - @HSBlackpool). Good luck on your journey, we'll be thinking of you!

Best wishes,

FROM PARENTS OF THE REVOLUTION



P.S. You can download a spare copy of this guide for free at the Boingboing website where you can also download a copy of the young people's ReMiT. You can find both guides here: <https://www.boingboing.org.uk/remit/>. This link also takes you to a short questionnaire we would love you to fill in to tell us what you thought about the guide.