

PROJECT PARENT:

What young people
want you to know

Phrases young people have said create a barrier:

Young people have told us that there are particular phrases that can create a barrier which can stop them feeling able to talk about their feelings. These are:



“You’re overreacting”

“It’s just a phase”

“Why are you like this?”

“It’s nothing to worry about”

Phrases such as these can be dismissive and make a young person feel as though their experiences are not valid and that the way they are feeling is not important.

Actions that create barriers to communication:

Assumptions – Young people have expressed that when assumptions are made in regards to how they're feeling and what they're experiencing, they feel less comfortable opening up to others.

Judgement – Around a third of young people expressed concerns over feeling judged when opening up about how they are feeling. Many commented on not wanting to be laughed at or viewed as "weak".

Dismissal – Many young people have expressed fears over their feelings being dismissed when opening up to an adult. Especially with phrases such as "it's just a phase" or "you'll be fine". This may also lead to young people feeling shut down and stop them from trying to talk to others about how they are feeling in the future.

Comparisons – Comparing one person's experiences and feelings to another can at times make young people feel like their own experiences aren't valid or important enough. Young people say this stops them opening up.

What do young people want?

To know that they
are not alone in
what they are
feeling and
experiencing

For others to be
open minded
and sensitive to
starting a
conversation

To be listened
to

Nearly half of young
people surveyed
expressed that they
simply want someone to
listen to them

"You're not alone in what you're going through"

This reduces your young person's feelings of isolation. Experiencing mental health problems can be isolating and that can stop people from reaching out for help. Knowing they are not the only one can reduce worry and loneliness.

"It's ok to have the thoughts and feelings that you do"

This provides the young person with validation and makes them feel heard and understood. It also signals that you love them unconditionally, whatever they are experiencing.

Phrases young people want to hear

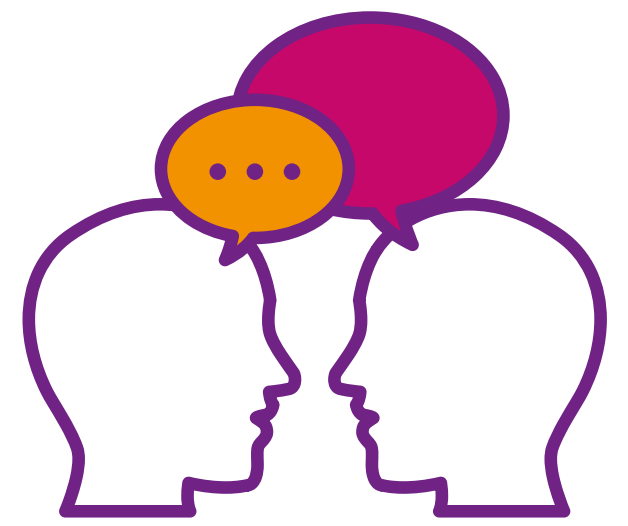
"There are people who love and care about you"

It is important to remind your young person of the friends and family that love them, and to be specific about who they can reach out to when they need support.

"The way you're feeling may be scary but I'm here for you"

This helps your young person to feel unconditional support. It acknowledges how difficult things may be for them but displays that you will always be there.

Active Listening



Praise:

P

Praise your young person for having the courage to open-up about how they are feeling and what is going on for them

e.g. "You're doing so well to tell me about these difficult feelings"

Empathy:

E

Explore your young person's emotions around what is happening.

e.g. "How did you feel when that happened?"

Explore:

E

Explore your young person's world by asking open ended questions, listening to their answers and accepting their world view.

e.g. "How long have you been feeling like this for?"

Reflect:

R

By reflecting what your young person has said back to them, this shows that you are actively listening.

e.g. "You said... Can you tell me more about that?"

General mental health resources for your young person:

Newport Mind

Tel: 01633 258 741

Email: enquiries@newportmind.org

Website: <https://www.newportmind.org>

Childline

Tel: 0800 1111

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

Young Minds

Text: YM to 85258

Email: ymentquiries@youngminds.org.uk

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

Shout

Text: Shout to 85258

Website: <https://www.giveusashout.org>



General mental health resources for you as a parent/caregiver

Anna Freud National Centre for Children and Families:

- Podcasts
- Tips and videos on supporting young people
- Parent and caregiver resources

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

Young Minds:

Young Minds have a section on their website designed to help parents. Including:

- Helplines
- Useful resources
- 'Parents survival guide'.

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

Talking Zone:

A Newport service that provides consultation and counselling sessions for parents and caregivers. They also offer a FREE 30 minute consultation.

Website:
<https://talkingzone.southwales.ac.uk/secondary/>

General mental health resources for you as an adult

Newport Mind:

Offer face to face, virtual 1:1 support for parents and caregivers of young people and provide support for adults in general.

Tel: 01633 258 741

Email: enquiries@newportmind.org

Website: <https://www.newportmind.org>

Samaritans:

Provide emotional support and advice to individuals who are in emotional distress, struggling to cope or need someone to talk to.

Tel: 116 123

Email: jo@samaritans.org

Website: <https://www.samaritans.org>

