

Parental mental ill health

Children and young people may show they are struggling by:

Seeming tired, worried or distressed

Missing school or finding it hard to settle

Coming in hungry, unwashed or without suitable clothing

Finding stress or change hard to manage

Withdrawing from friends or feeling isolated

Showing changes in behaviour or mood

Using alcohol or drugs to cope

Children can be supported when their parent is unwell - follow your safeguarding procedures and have the confidence to raise parental mental ill-health as a possibility.

safeguarding.network/parental-mh

Local contact details:

