



**Anna Freud**  
National Centre for  
Children and Families

# Talking mental health with young people at secondary school



**Some advice for  
parents and carers**

## It's good to talk

"The teenage years are both exciting and challenging to parents and children. Children start to see a future independent of their parents while parents have to find new ways of protecting a young person who may choose to turn to peers rather than parents for support.

This period can be a confusing and testing time which can be hard for parents. Most young people navigate their way through adolescence. However, for a small number of children problems can become persistent and can threaten the connection between parent and child. Talking early on, before problems become too ingrained, almost always helps.



Sometimes we stop talking because we don't know what to say. We hope this leaflet may help. Of course, we all know that it's not always possible to talk, but it is always good to make the offer. Sometimes supportive friends or a trusted adult – perhaps a teacher – can help. Professionals are there, but even if their help is required, it is still good to talk."

**Professor Peter Fonagy, CEO of the Anna Freud National Centre for Children and Families**

## Mental health and wellbeing during secondary school

As parents and carers, it can be hard to know whether your child's feelings and behaviour are normal or becoming a problem. This is especially during adolescence when young people can feel a great deal of pressure and increasingly want to loosen their family ties.

A small image of a smartphone tilted slightly, showing a green text message bubble on its screen.

Young people's need for independence is partly due to changes in brain development. This makes reading and understanding others more difficult than when they were younger. This can leave parents feeling that young people are in a world of their own, when actually they can be struggling to understand themselves and others!

A rollercoaster of changing emotions and feelings that come and go is completely normal at this age. Feelings and moods that become a problem are those which last a long time, become overwhelming, and stop your child from doing what they want to in their lives.

We know that having strong relationships lies at the heart of good mental health. As parents and carers we also have our own stresses such as money, job security and juggling family demands. These can put pressure on our capacity to respond sensitively to our children.

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.



## Top tips for talking

★ **Give your full attention, be curious and take it seriously.** We all know it's not nice to be half listened to. Being actively interested in your child can be a powerful way to help them feel listened to and understood. Try to resist the urge to downplay or dismiss what your child is telling you.

★ **Emphasise that you are always available to talk.** It may be that your child doesn't want to talk, can't find the words at the moment or is trying to assert their independence. But don't be misled by your teenager's need for separation. They need you just as much as ever.



★ **Take time to reflect.** Research shows that thinking about what is going on in your child's mind and being aware of your own thoughts and feelings promotes secure attachment, good social skills and the ability to 'read' others.

★ **Provide empathy.** When children feel truly understood they start to be able to manage their emotions and this has a big impact on their wellbeing. Using empathy is also a great way to defuse tension.

★ **Be aware of your own stress and negative feelings.** They can really get in the way of feeling close to your child. Reflecting on the causes of stress can prevent it from spilling into your relationships at home.

★ **Think about timing.** Ask yourself 'Is this the right time to talk?' Choose a time when you can focus on your child and ignore distractions.

★ **What should I do if I am worried?** You can find some advice and guidance listed on the back of this leaflet. In particular, MindEd for Families provides comprehensive information on a range of mental health problems. If problems persist, become overwhelming or you feel your child is displaying particular symptoms, we strongly recommend that you visit your GP.



## Where can I find advice and guidance?

**Child in Mind:** a series of podcasts we have developed at the Anna Freud National Centre for Children and Families. They feature BBC Radio 4 presenter Claudia Hammond interviewing our clinical experts, and have been shortlisted for the Mind Media Awards. They are freely available at [www.annafreud.org](http://www.annafreud.org):

- The adolescent mind
- What is therapy and how does it work?
- Why do some people self-harm?
- What is trauma and how does it affect the brain?
- Is medication for mental health problems safe?
- The impact of sexual material online
- What do we know about anxiety and what can parents do about it?
- What is ADHD and what help is available for children with ADHD?
- What do we know about eating disorders and how to cope?



**ChildLine** for 18s and under  
0800 1111

**YoungMinds Parent Helpline**  
0808 802 5544

**Youth Wellbeing Directory**  
[youthwellbeing.co.uk](http://youthwellbeing.co.uk)

**NSPCC** 0808 800 5000

**Anna Freud National Centre for Children and Families**  
[www.annafreud.org](http://www.annafreud.org)

**The Mix** [www.themix.org.uk](http://www.themix.org.uk)

**MindEd for Families**  
[www.minded.org.uk/families](http://www.minded.org.uk/families)

## About the Anna Freud National Centre for Children and Families

The Anna Freud National Centre for Children and Families has developed and delivered pioneering mental health care for over 60 years.

Our aim is to transform current mental health provision in the UK by improving the quality, accessibility and effectiveness of treatment.

We believe that every child and their family should be at the heart of the care they receive, working in partnership with professionals.



Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03819888, and a registered charity, number 1077106

**Anna Freud Centre**  
**Kantor Centre of Excellence**  
**4-8 Rodney Street**  
**London**  
**N1 9JH**

Supported by

**JO MALONE**  
LONDON