



Peer
Education
Project



Mental Health
Foundation



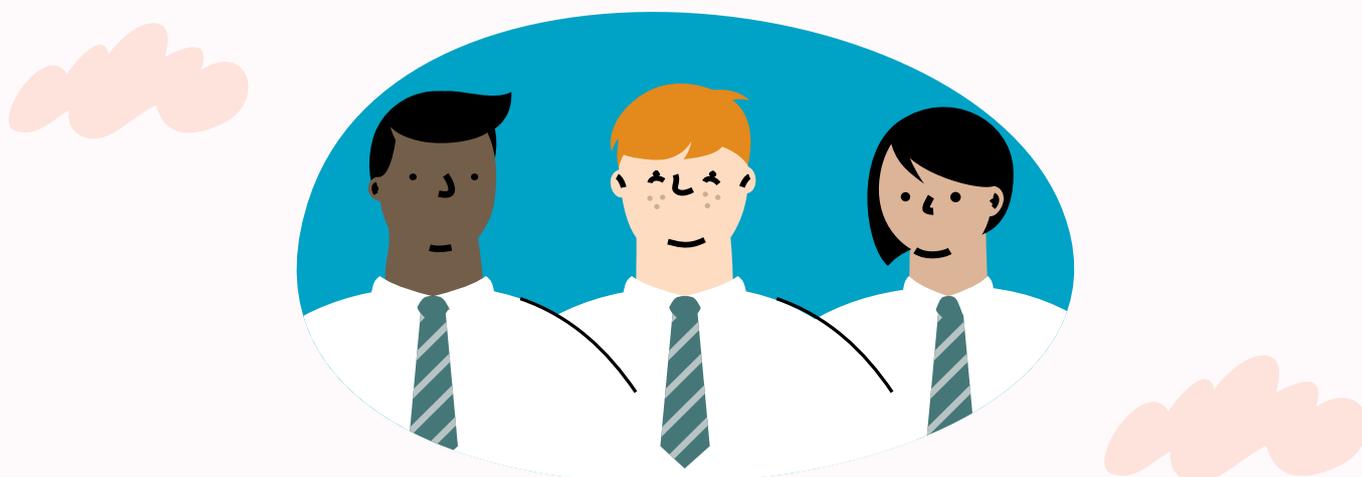
HEALTHY

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This resource is part of a campaign focused on healthy relationships with ourselves and others. The campaign has been supported by Fastn, an organisation that championed the development of relationship skills in childhood that sustain positive relationships for life. Fastn’s relationships education work has now become part of charity, Family Links The Centre for Emotional Health. To find out more and get in touch please visit the website www.familylinks.org.uk

In a survey shared with our [OPEN network](#), we asked a sample of parents/caregivers, what does a healthy relationship mean to you?

"A relationship you feel safe to be yourself in, that is mutually supportive and you can trust the other person."

"We don't take each other for granted and understand each other's problems and are their to listen, help and support each other."

"Everyone is respectful of each other and are able to communicate their feelings without fear, judgement or prejudice.....and to enjoy each other's company and have a laugh!!"

"A mixture of support and space - good reciprocal communication. Understanding that you will have different opinions about some things and that is ok."



"A healthy relationship should be reciprocal and equal. It's important in a relationship to feel loved, supported and included. There should be healthy boundaries and you should feel safe."

This guide provides tips and resources on how to support yourself as a caregiver, as well as your child or young person, with developing healthy relationships.

Supporting yourself with developing healthy relationships

Resources to support yourself

Mental Health Foundation resources

Our vision at the [Mental Health Foundation](#) is for a world with good mental health for all. With prevention at the heart of what we do, we aim to find and address the sources of mental health problems so that people and communities can thrive.

[Tips on looking after your mental health](#)

Read these tips on how to look after your mental health.

[Relationships and mental health podcast](#)

Listen to this podcast where Ben Norris talks openly about his family and relationships.

[Tips on nurturing our relationships during challenging times](#)

Read these tips on nurturing healthy relationships.

[A guide to investing in your relationships](#)

Read this guide on what we can do to create better relationships with ourselves, with the people we are close to and with those around us.

Other resources

[A guide to self-esteem](#)

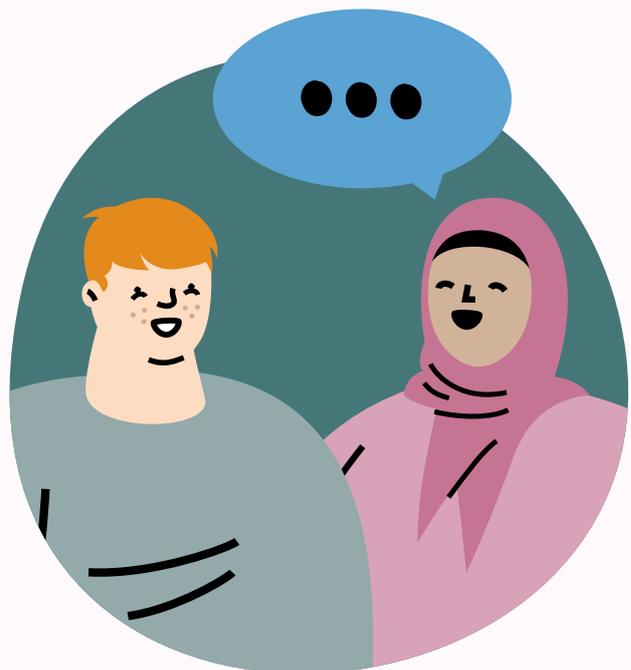
Read these tips on improving your self-esteem.

[TED talks on the art of meaningful conversation](#)

Listen to these TED talks on developing stronger communication skills and connections with others.

[Self-care tips for parents](#)

Read tips on self-care. Everyone's approach to self-care will look different, so it is important to find what works best for you.



Support services for adults

Samaritans

Samaritans are open 24/7 for anyone who needs to talk.

Call: **116 123** (free)

Email: jo@samaritans.org

Post: Freepost SAMARITANS LETTERS

The Samaritans Self-Help app is a tool to track how you're feeling and receive tips on things you can do to look after yourself.

Samaritans also have a Welsh Language Line on **0808 164 0123** (7pm–11pm every day).

Hub of Hope

Hub of Hope is a UK-wide mental health service database, allowing you to search for local, national, peer, community, charity, private and NHS mental health support. You can filter results to find specific kinds of support.

Mind

Mind offers advice, support and information to people experiencing mental health difficulties, and their family and friends.

InfoLine: **0300 123 3393**

Lines are open Monday to Friday 9am to 6pm (except bank holidays).

Email info@mind.org.uk

Side by Side

Side by Side, hosted by Mind, is an online community where you can listen, share and be heard. The online community is moderated to keep the community safe and supportive.

Young Minds

Young Minds provides a parent helpline for parents and caregivers seeking detailed advice, emotional support and signposting about a child or young person up to the age of 25.

Call: **0808 802 5544** (free), available Monday – Friday, 9:30am - 4pm.

Webchat: available Monday – Friday, 9:30am - 4pm.



Supporting your child or young person with developing healthy relationships

MHF Tips for Young People on Healthy Relationships

Share these top tip postcards, written by the Mental Health Foundation, to support your child or young person to develop healthy relationships with themselves and others.

Here are some top tips for supporting your child or young person to build healthy relationships with themselves and others:

Supporting your child or young person to talk kindly to themselves.

Regular unkind self-talk and actions can affect our self-esteem, mental health and wellbeing. It is important to support your child or young person to recognise how they treat themselves and how they can put things in place to be kind to themselves.

[Self-esteem: A guide for parents and carers](#)

There are many pressures and obstacles that can affect your child's or young person's self-esteem. Read this guide for information and advice on how you can provide support.

Supporting your child or young person to practice self-care.

Taking the time to do the things you enjoy and that bring you comfort, can help you build a healthy relationship with yourself, and support your mental health and wellbeing.

Putting in time to speak to your children and young people about the value of self-care and practising self-care activities together, can help them find their own ways of connecting with themselves.

[Self-care activities](#)

Explore this self-care activity page with your child or young person, finding out what activities they enjoy or would like to try. The activities listed were suggested by young people aged 11-25.



Supporting your child or young person to talk about their peer relationships.

By supporting your child or young person to reflect on how different relationships are making them feel, you can help them to recognise when a relationship is not making them feel good. This will help them to think about what they can do and what they need from their peers to feel comfortable and supported.

Showing interest in your child's or young person's peer relationships and holding space for them to share any worries they may have with you, will help them to feel supported.

[A guide to supporting young people with their friendships](#)

Read this guide on how to support your child or young person with their friendships.

Supporting your child or young person to respect others.

Sometimes words can be said when they shouldn't be or when they are not fully understood. Words can also be used to cause harm. It is important for children and young people to understand the impact their words can have on others and feel confident to reach out for support if harmful words are being used towards them or others.

Hold spaces for you to have an open conversation with your child or young person about different experiences and views expressed. You could do this when harmful words are used in programmes and music or highlighted in the news.

[Talking to children about racism](#)

Read this advice on how to talk to your child or young person about race and racism, and what you can do to support them if they are experiencing racial bullying.

[Understanding bullying and its different forms](#)

Explore this section on bullying and what actions you can take if your child or young person is being bullied.

[How to talk to your child about gender equality](#)

Read this information page on gender equality and how you can support your child's or young person's understanding of it.



Supporting your child or young person to put in boundaries.

Children and young people may find it difficult to set personal boundaries with their peers, especially if they feel pressured to be accepted. They may worry about FOMO - fear of missing out - or how they will be viewed by their peers if they do not take part in certain activities.

By holding space for your children or young person to share with you the pressures they are facing, and how they feel about it, you can support them to understand what boundaries they may need to put in place.

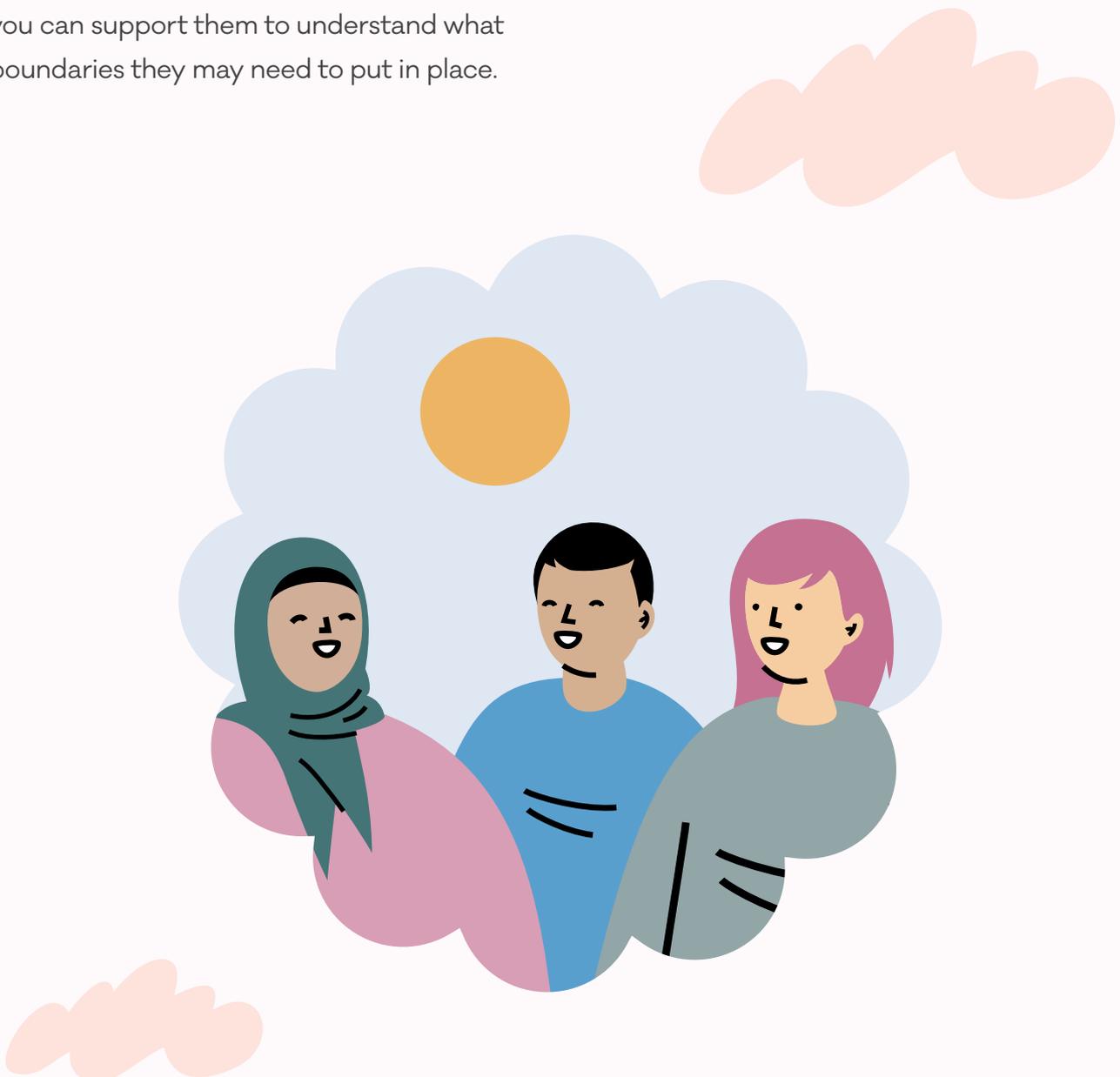
Exploring with them the different ways to let their peers know what their boundaries are, may help them to feel reassured and more confident in their peer relationships.

[Supporting a young person with peer pressure](#)

Read this short article on peer pressure and how to support your child or young person.

[Social media: A guide for parents](#)

Read these tips for talking to your child or young person about their use of social media.



Support services for young people

The Mix

The Mix offers online information as well as helpline support to under-25s about anything that's troubling them.

Email: via their [online contact form](#)

Call: **0808 808 4994** (free)

Telephone services available 4pm – 11pm everyday.

Text: **THEMIX to 85258**

The text service is free, 24/7 crisis support across the UK.

One-to-one chat: Free [1-2-1 webchat service](#)

The webchat is available 4pm – 11pm, Monday to Saturday.

Childline

A support service for anyone under 19 in need of support.

Call: **08001111** (free)

Telephone services available 24-hours a day, every day.

Young people can [sign up](#) for a free Childline locker (real name or email address not needed) to use Childline's free [1-2-1 counsellor chat](#) and email support service.

Shout

A support text service, available 24-hours a day, every day.

Text: **SHOUT to 85258**





[mentalhealth.org.uk](https://www.mentalhealth.org.uk)

 [Mental Health Foundation](https://www.facebook.com/MentalHealthFoundation)

 [mentalhealthfoundation](https://www.instagram.com/mentalhealthfoundation)

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