Looking after your own mental health

Parenting or caring for a child or young person can be tough. It's important to make sure you look after your own mental wellbeing, as this will help you support yourself and those you care about.

Try to recognise and acknowledge when you're feeling low or overwhelmed. Struggling with something or experiencing your own mental health problems does not make you a bad parent or carer.

It's completely normal to be worried, scared or helpless during difficult times, and feeling this way is nothing to be ashamed of.

Is there a friend, fellow parent or carer you trust enough to tell how you're feeling? Maybe there's family, friends or a colleague who could support you or allow you a break?

There's plenty of help out there. You should never feel like you have to cope on your own.

Young Minds has lots of support for parents, including a helpline and guidance around **parenting with a mental illness**.

Mind has information and suggestions on how to manage **parenting with a mental health problem**.

Scope has advice on **managing stress when caring for a disabled child**.