

## [Young Minds Parent's guide to support A-Z](#)

Young Minds A-Z gives you advice on how to help your child with specific mental health conditions, and life events which might be negatively affecting their wellbeing. We'll also show you where you can get help.

### **Helping your child with anxiety**

If your child is struggling with worrying or anxiety, here are some ways you can support them and places you can get help;

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>

### **Supporting your child with anger**

If you need support to respond to your child's anger or aggression, here's our advice on what you can do and where you can find help.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anger/>

### **Challenging behaviour in children**

If you're experiencing challenging behaviour from your child, here are our tips for what you can do and where to get help.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-challenging-behaviour-in-children/>

### **Supporting Your Child with Low Mood and Depression**

If you're worried that your child is feeling low or struggling with depression, here's our advice on what you can do and where you can find support.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-depression-and-low-mood/>

## **Supporting Your Child During Divorce or Separation**

If you're worried about how your relationship break-up might affect your child, here is our advice and information on where you can get help.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-divorce-or-separation/>

## **Supporting Your Child with Eating Problems**

If you're worried your child has an eating disorder, or unhealthy relationship with food, here is our advice and information on where you can get help.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-eating-problems/>

## **Supporting your child with gaming**

Information and advice to help you and your family create a healthy culture around gaming, and to help you support your child if they're struggling.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-gaming/>

## **Supporting Your Child with Gender Identity Issues**

If your child is struggling with their gender or thinks they are transgender, here is our advice and information on what you can do and where you can get help.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-gender-identity-issues/>

## **Supporting Your Child with Grief and Loss**

Information, advice and tips for where you can find support if your child has experienced a bereavement or loss.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-grief-and-loss/>

## Parental mental illness

When you're a parent with a mental illness, or someone in the family is struggling with their mental health, it can make supporting your child difficult. Here is our advice on what you can do and where you can get help.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-parental-mental-illness/>

## Supporting your child with school anxiety and refusal

If your child is refusing to go to school, or is feeling anxious, here's our information and advice to help you support your child and work with the school.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-school-anxiety-and-refusal/>

## Supporting your child's self-esteem

Our advice and information about how you can support your child's self-esteem.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-esteem/>

## Supporting Your Child Who Is Self-Harming

If your child is self-harming, here is our advice and information about where you can get help.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-harm/>

## Supporting your child with suicidal thoughts

If your child is struggling with suicidal feelings, or you're worried they might be, here are some ways you can support them and places you can get help.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-suicidal-thoughts/>