

Does your child seem down? Are they anxious or stressed?

A wellbeing adviser can get the help they need.

Tell your child about our wellbeing advisers.

They'll listen to how your child feels – and they'll find help together. Then they'll catch-up to see how things are going.

Wellbeing advisers are flexible. They can:

- Chat on the phone, by video call, or face to face.
- Offer different check-in times.
- Find different types of support.

Your child can see a wellbeing adviser if they're aged 11-24.

A wellbeing adviser isn't a counsellor. But they'll chat to your child and find the right help. All our advisers are trained to work with young people.



Talking to your child

It can be tricky talking to your child about this. Tell them you've noticed how they're feeling – maybe over a meal or when you're out and about – and say you've found help. They can visit **mind.org.uk/wellbeing-advisers** to find out more.

You can see the wellbeing adviser with your child – if that's what they want.



Sign-up

Sign-up with your child at **mind.org.uk/wellbeing-advisers**
or call **024 7655 2847**.