



headspace
National Youth Mental Health Foundation

headspace School Support



Supporting your young person during the holidays

There are signs that may suggest things are not quite right with your young person and that you might need to talk to someone about what's going on. These include:

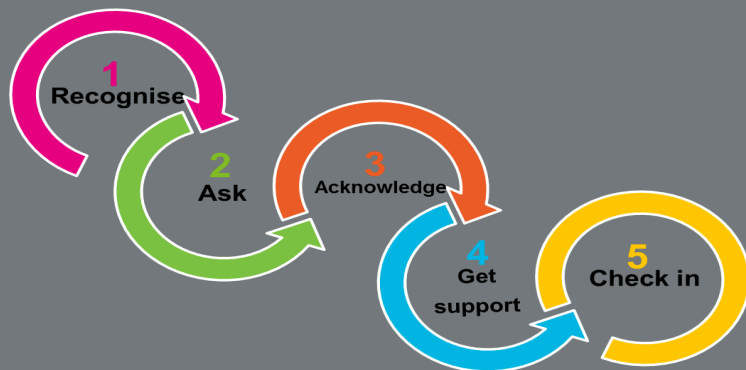
- Not enjoying or not wanting to be involved in things they would normally enjoy
- Unusual sleeping or eating habits
- Being easily irritable or angry with friends or family for no reason
- Being involved in risky behavior they would normally avoid
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time
- Having lots of negative thoughts



Holidays can take students away from friends and their usual school supports. Changes to routine can cause some young people to feel stressed, isolated and alone. Being a supportive parent is especially important when it comes to a time of change in a young person's routine or life structure.

Tips to help you support your young person:

1. Recognise their distress or concerning behaviour
2. Ask them about it
3. Acknowledge their feelings
4. Get appropriate support
5. Check in a short time afterwards



It's helpful to ensure that your young person stays involved and remains active during the holidays

Some general tips:

- Maintain a regular routine (i.e. getting up in the morning, eating three meals a day)
- Encourage them to keep in contact with friends
- Involve them in decisions and give them responsibility at home (i.e. deciding what to eat for dinner and helping prepare it)
- Encourage them to get involved in activities or projects, and participate with them when you can



If you believe that a young person is at risk of harm, you should seek professional support from your GP, mental health service or emergency department and keep the young person safe until help arrives.

Support Service Options:

headspace.org.au to find your nearest **headspace** centre

headspace.org.au for free online and telephone support

reachout.com for information about wellbeing

Lifeline 13 11 14

Kids Helpline 1800 224 636

Parentline 1300 301 300