

www.lotsonyourmind.org.uk

www.youngminds.org.uk

www.mentalhealth.org.uk/your-mental-health

www.heysigmund.com

www.papyrus-uk.org – prevention of young suicide

www.b-eat.co.uk – eating disorders

www.self-harm.co.uk

www.childline.org.uk – 0800 1111

www.inourhands.com – workshops for parents

www.proud2bme.org – online community
promoting positive body image

www.samaritans.org – 08457 90 90 90

To parents from their children

- Don't spoil me. I know quite well that I ought not to have all I ask for. I'm only testing you
- Don't be afraid to be firm with me. I prefer it. It helps me feel more secure
- Don't make me feel smaller than I am. It only makes me behave stupidly 'big'
- Don't correct me in front of people if you can help it. I'll take much more notice if you talk quietly with me in private
- Don't make me feel that my mistakes are sins. It upsets my sense of values
- Don't be too upset when I say 'I hate you'. It isn't you I hate, it is your power over me
- Don't protect me from consequences. I need to learn the painful way sometimes
- Don't nag. If you do I shall have to protect myself by appearing deaf
- Don't make rash promises. Remember that I feel badly let down when promises are broken

- Don't forget that I cannot explain myself as well as I should like. That is why I am not always very accurate
- Don't tax my honesty too much. I am easily frightened into telling lies
- Don't be inconsistent. That completely confuses me and makes me lose faith in you
- Don't tell me my fears are silly. They are terribly real and you can do much to reassure me by trying to understand
- Don't ever suggest that you are perfect or infallible. It is too great a shock when I discover that you are neither
- Don't ever think it is beneath your dignity to apologise to me. An honest apology makes me feel surprisingly warm towards you
- Don't forget that I can't thrive without lots of understanding and love, but I don't need to tell you that, do I?