

As a parent

One of the first things you should do, is research the illness. Know your facts and be aware of the symptoms and the impact it can have on you and the rest of the family, as well as the child with the disorder.

Look after yourself and go easy on yourself. As a rule, parents tend to blame themselves if their child is unwell, and it can become physically and emotional exhausting to care for a child with a mental health disorder, but one of the best things you can do to help, is to take care of yourself too. Your child needs you, make sure you can offer the best help you can.

Seek out emotional support for yourself as well as your child. Family therapy sessions can also help.

Monitor your child's symptoms, but do not overbear them, monitor from a respectable distance, but make sure your child knows that you are available to them



The Lotus Mental Health

For more information please visit: www.thelotusmentalhealth.org

Or contact us at: thelotusmentalhealth@gmail.com

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Panic Disorder Information



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What is Panic Disorder?

Panic Disorder is a type of anxiety disorder where the sufferer experiences panic attacks. Panic attacks are sudden and immediate reactions to extreme fear. These attacks can also lead to a person being worried about potential future panic attacks happening.

What are the signs and symptoms?

- Feeling fearful Feel like the things around them aren't real
 - Feeling detached from themselves
 - Have a fear of losing control
 - Have a real fear of dying during an attack
 - Sweating
 - Shortness of breath
 - Feel like they are being smothered
 - Feel like they are choking
 - Chest pain, heart palpitations
 - Rapid heart rate, heart pounding
 - Feel sick Have tummy ache Feel dizzy, unsteady, lightheaded
 - Hot and cold
 - Numbness and/or tingling
- 



What can you do?

Be there for your child, it might sound obvious, but if you don't tell them you're there, will they really know?

Be approachable – if your child wants to speak to you, give them your time

Be supportive – encourage, support and praise

Encourage exercise, family time, and integration – loneliness is a dark place

Encourage your child to openly talk about how they are feeling, without judgement and interruption

Look for hobbies and encourage down time

Actively listen to your child, listen to the words they use

Look out for symptoms

Show positivity to your child

Converse and engage. Even if it's just at mealtimes, or in the car, make use of your time together

Teach your child coping mechanisms - keeping a diary, relaxation exercises

Be proud! Even of the most basic achievements

Be patient! Don't take things personally

Get help! If your child is struggling, take them to their G.P.

Love them and make sure they know they are loved

