Parent and Carer Mental Health Day

stem4
supporting teenage mental health

Parent Mental Health Day (PMHD), founded by stem4 in 2022, is recognised each year on 30 January.

The day was created to highlight the vital connection between the mental health of parents and carers, and the overall wellbeing of the whole family.

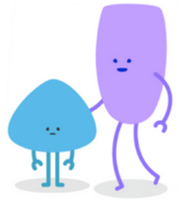
While PMHD is an important annual reminder, the challenges faced by parents and carers continue throughout the year.

The stem4 PMHD page is designed as your daily hub for:

- **Practical tools**
- **Expert advice**
- **Guidance and signposting**
- **Support for both you and the young people in your care**

Taking care of your own mental health is not only essential for you, but also strengthens and supports your entire family.

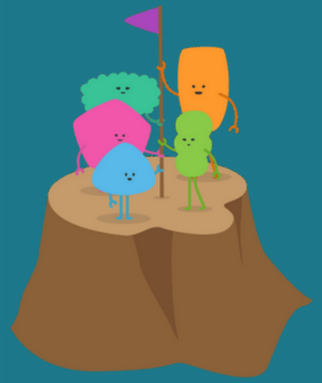
#teamOxted



Find Support

Click the images below to visit stem4's website, where you can access:

- **A range of parent and carer support pages (Anxiety, Depression, Self-Harm, Eating Disorders and Addiction)**
- **Signposts to further help and advice**
- **Information about Combined Minds, stem4's supportive app designed to help families and friends aid young people in managing their mental health**



Resources for Parents and Carers

COMBINED MINDS