



Mental Health Self-Care for Parents

Being a parent can be busy, noisy, and exhausting. There are school runs, homework, clubs, and daily routines to manage. While you're caring for your child, it's just as important to look after your own mental health and wellbeing.

Taking care of yourself can help you cope better with stress, feel calmer, and enjoy family life more. Self-care doesn't have to be expensive or time-consuming – small steps really do make a difference.

Simple Ways to Look After Your Mental Health

Get Active

Moving your body can lift your mood and reduce stress.

- Go for a walk or short run
- Try a yoga or exercise video at home
- Stretch while the children are busy

Even a few minutes of movement can help.

Do Something You Enjoy

Make time for activities that help you relax and recharge.

- Read a book
- Watch a favourite film or TV programme
- Enjoy a bath or quiet time

You are more than “just” a parent – your wellbeing matters too

Cook a Proper Meal

If you can, enjoy cooking something from scratch.

- Try a new recipe
- Listen to music or a podcast
- Take pride in what you've made

Cooking can be calming and give a sense of achievement.

Spend Time with Loved Ones

Staying connected supports your mental health.

- Meet a friend for a coffee
- Go for a walk together
- Call or message someone you trust

Talking things through can really help

Celebrate Your Achievements

Parenting is rewarding but challenging. Take time to recognise what you've achieved.

- Reflect on what went well this week
- Write down small wins
- Be kind to yourself

Even getting through a tough day is an achievement.

Mental Health Support and Contacts for Parents

If you're finding things hard, you don't have to cope alone. Support is available.

National Support (England)

NHS – Mental Health Support

www.nhs.uk/mental-health

Information about mental health support and how to get help through your GP.

Mind

0300 123 3393

www.mind.org.uk

Advice, information, and support for mental health.

Family Lives

0808 800 2222

www.familylives.org.uk

Confidential support and advice specifically for parents and carers.

Samaritans (24/7 support)

116 123

www.samaritans.org

For anyone feeling overwhelmed, distressed, or in crisis.

Local Support

- **Your GP** – can refer you to local mental health or wellbeing services
- **Your child's school** – may have a family support worker or can signpost help
- **Local council or children's centre** – may offer parenting or wellbeing groups

You can find local services through your council website or by asking at school.

If you feel in immediate danger or need urgent help, call 999 or go to A&E.