

Heads Up for Wellbeing – Relationships and Families



Relationships with others, in particular with those in our family play a huge role in affecting our health and wellbeing so it is good to consider how these relationships can be strengthened.

How relationship and family issues can affect you

•The number one step on the NHS's '5 steps to wellbeing' is to 'Connect with other people'. Our connections and relationships can substantially affect our mental health and with family being one of the most important aspects of life is important to consider how this can affect our mental health, behaviours and even sometimes our physical health. The Mental Health Foundation have reported that being connected to family, friends or community can allow us to be happier, physically healthier, help us to live longer and have fewer mental health problems. The impact of social relationships can have both short term and long term mental health and so we should consider if this is something we should seek help and support with to help enhance our mental health.

Signs to look for:

Some signs that might indicate that it would be good to consider paying attentions to

- Spending little time together or not taking the time to talk and listen to one another
- Not having 'fun' together and enjoying each other's company
- Not feeling you are a valued
- Not feeling respected, included or safe
- Struggling with communication, trust or conflict
- Having to deal with difficult and challenging behaviours
- Being unable to access supports which will help you as a family (financially, finding information, etc).

If you do feel like you would like the quality of your relationships to improve or know how to take action yourself there are different supports.

Getting help

Advice and Support is always available in and outside school for pupils and parents.

Where you can seek advice and support:

- Pupils can speak to their Pastoral head or PT GIRFEC
- PSE Lessons - these touch on many subjects but are also an opportunity for you to talk and seek advice.
- Parents and carers talk to your child's pastoral teacher about your concerns
- A Teen Triple P programme is run in school for parents to attend to help build positive relationships with their teen children
- Counsellor - our school has access to a counsellor who pupils can be referred to.
- Targeted Support groups can be offered to help young people to help them in building and sustaining positive relationships.
- Joining extra-curricular activity groups or groups in the community are a good way to develop social skills and skills to build healthy relationships.
- We have a Community worker in school who a pastoral teacher can put you in touch with to help access more community resources

Please read the next page for practical ways to help build positive family relationships.



Things that you can do to help build positive relationships within your family.

Some advice to help build positive family relationships and who to contact when

Encourage everyone in the family to share their thoughts and feelings

Set aside sometime for your family – parents and kids – and have some fun

Eat meals together when possible

Create some family traditions

Encourage support and show appreciation for one another

Parents get involved in your children's interest

Work on improving your communication as a family (talk about everything, even the difficult things and try, listen to each other and try and solve problems together).

Speak to others for help and support when needed (friends, other family members, make use of some of the supports listed on the previous page or visit some of the websites/social media pages below).

Relationships and Families – useful contacts – where to get help

www.relationship-scotland.org.uk

- You can call their information line on **0345 119 2020**
- It offers services such as family counselling, mediation and family support
- Read blog posts with relationship information and advice
- Follow them on social media - Facebook: Relationships Scotland, Twitter: @RelScot, Youtube: RelScot
- School have trained course providers to offer courses in school (when appropriate)

www.triplep-parenting.uk.net/uk-en/triple-p

- This website offers advice if you are experiencing difficulties in your relationship with your teenager
- Get advice on hot parenting topics and you can even enroll in online courses
- Follow them on social media - Facebook: Triple P Positive Parenting Programme/Official, Youtube: Triple P Positive Parenting Programme

www.careforthefamily.org.uk

- Advice on different aspects of family life and relationships (marriage, children, etc)
- A CareLine that you can contact for help and advice
- Follow them on social media - Facebook: Care for the Family, Twitter: @careforthefamily