

# This May Help

NHS Norfolk and Waveney and Norfolk County Council are pleased to announce the launch of [This May Help](#), a new national initiative providing mental health advice to parents and carers being launched by Bradford District and Craven Health and Care Partnership. This May Help is aimed at parents and carers who may have concerns about their child's mental health and is part funded by the Quality Improvement Taskforce for Children and Young People's Mental Health, Learning Disability and Autism Inpatient Services.

The website gives easy-to-follow advice to help families manage their child's mental health. This advice was developed by NHS professionals and parents who've been through their own child's mental health journey. Parents and carers have shared advice that helped them and that may also help other families.

Professionals who work with children are also being encouraged to use the website.

The advice covered on This May Help includes: [self-harm](#), [gaming and online activity](#), [teenagers safety](#), [eating disorders](#), [school avoidance](#), understanding mental health, understanding teenagers, online threats, building rapport, building resilience, building a support network, self-care tips, managing an emergency, managing in a crisis, and preparing for a children and adolescent mental health services (CAMHS) appointment. These subjects were chosen by families and young people who have gone through their own mental health challenges. Gary Lineker, Myleene Klass, and Tanni Grey-Thompson are amongst 16 presenters featured in the films.