

Family Breakdown

Families come in all kinds of combinations but it can be a really upsetting, confusing and stressful time when relationships between family members break down. If there are disagreements or arguments, this can make home life really tough which can impact on how you feel, how you cope at school/college and even whether you want to hang out with friends. Lots of young people worry about their parents/carers and siblings during a separation and also worry about family finances. If you are struggling there are several things you can do:

Check out the help pages of this website for top tips on managing worry, low mood or other feelings you might be experiencing.

It's important to let your parents/carers, a teacher or a trusted adult know how you feel.

Look at the Young Minds Website as they have further information, advice and guidance on how best to cope and manage. <https://youngminds.org.uk/find-help/looking-after-yourself/friends-and-family/>

