

PROJECT

Parents & Carers

Checking in

We all know how important it is to stay connected with your kids, especially when they are going through a really tough time. Sometimes having that conversation and providing them the support they need can be tricky to navigate.

Check out the video below, for an open and honest conversation between KISS FM Radio Host's Will & Woody. It has some really helpful tips on supporting people going through a difficult period or struggling with a mental illness.

[CLICK HERE to watch](#)

Looking for further ways to support your family's wellbeing?

We have updated our **Parenting Section** on [TRP@HOME](#). Filled with resources, expert knowledge and stories, we've loaded this section with ideas for parents and carers to support their own wellbeing, plus a range of tips to help them embed positive mental health habits with the rest of the family.

