



Backpack

Supporting working parents to navigate parenting a young person
with mental health difficulties.

At least 1 in 6 children and young people aged 7-16 years have a probable mental health disorder. This rises to 1 in 4 for young people aged 17 to 19 years.

Source: Children and Adolescent Mental Health Services (CAMHS)

Problem

Mental health difficulties in young people are increasing, impacting all areas of their lives. This naturally has a ripple effect for parents, and for the organisations they work for. **The challenge is real, and getting worse year on year.**

PERFORMANCE

The mental health of children and young people negatively impacts the work performance of their parents, shown by rising levels of absenteeism and presenteeism.

SUPPORT

The mental health system is overloaded and there is precious little support for parents. They are largely trying to navigate this challenging terrain alone. Their mental health is often significantly impacted.

COST

The bottom line is, well, the bottom line. Employee mental health and wellbeing difficulties costs UK businesses £51bn annually.

50% of working parents who are concerned about children's mental health say this impacts on their work performance.

1 in 100 parents who left their job said it was entirely due to the mental health and wellbeing of a child.

Working parents' concerns over their children's mental health is costing £8bn annually.

Source: DELOITTE, Mental Health and Employers, May 2024

Hello!

We are Rach and Lou, sisters and parents of four children between us.



Rach has over 30 years of experience working with children and young people in various school settings. She specialises in supporting families through challenges, drawing on extensive expertise in safeguarding, well-being, and family work.

The golden thread of Lou's career is people. She leverages diverse consulting experience to support teams, leaders, and individuals in achieving personal and organisational growth. Lou is a coach, change facilitator, learning professional and self-coaching advocate.

Origin Story



Over the years we and our children have experienced challenging times and life changing events, not least Covid, which are tricky to navigate and have had an impact on our children's mental health and the wellbeing of the whole family.

During these times, when we have been in need of support we have found specific help for parents scarce.

We wanted mental health support for our children but it didn't arrive, either because we weren't able to get it, or because what was offered wasn't effective.

In the end, the buck stopped with us, the parents.

So, we used, and continue to use, our professional experience, skills and resources, supporting each other through some dark times.

And it struck us. We are extremely fortunate to have these skills and capacities. What about the parents who don't have them?

That's why we created The Parent Backpack—to empower parents with the tools and support they need to parent a young person with mental health difficulties.



The Parent Backpack

We are focused on supporting parents to understand how to safeguard their own wellbeing *and* parent their young person, so that parents aren't negatively impacted by the challenges they face.

ONLINE

The Backpack programme consists of short, practical modules that can be completed in any order, though it's recommended to follow the designed sequence initially; the programme lasts 90 days & participants receive lifetime access to the online content.

RESOURCES

The tools and techniques we use are simple and not easy! They are given to participants in a format that can be taken and used, giving parents handrails that will guide them through each stage of their journey.

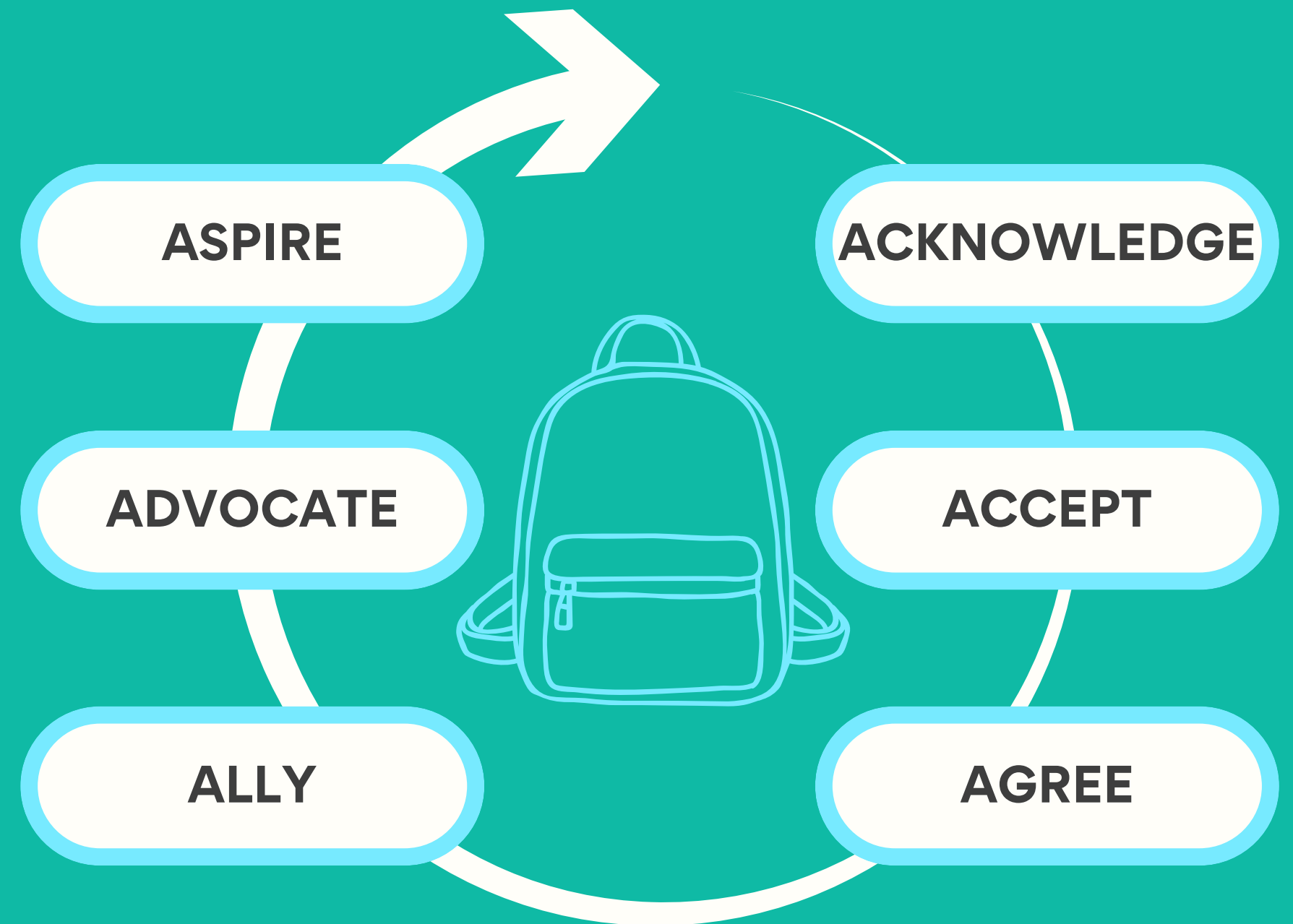
COMMUNITY

We facilitate regular online calls for support, coaching, and relationship-building, which participants can attend at their discretion; all calls are recorded and accessible exclusively to programme participants.

Approach

We are focused on supporting parents to understand how to safeguard their own wellbeing and parent their young person.

Our unique approach supports parents on a journey of acceptance and agency, where they are able to evolve with the challenging situation they find themselves in.



Return of £4.70 for every £1 invested in employee mental health and wellbeing. Early intervention and prevention is the most impactful.

Source: DELOITTE, Mental Health and Employers, May 2024

Let's chat

We welcome conversations about how we can work with organisations to provide working parents with support.



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www.my-backpack.co.uk