

# Supporting your young person during the holidays



Holidays can take students away from friends and their school supports. Changes to routine can cause some young people to feel stressed, isolated and alone. Being a supportive parent is especially important when it comes to a time of change in a young person's routine or life structure.

Below are some signs that may alert you that things are not quite right and there may be a need to talk to someone about what's going on for your young person.

- **Not enjoying, or not wanting to be involved in, things that they would normally enjoy**
- **Unusual sleeping and eating habits**
- **Being easily irritated, or being angry with friends and family for no reason**
- **Being involved in risky behaviour that they would usually avoid**
- **Feeling tense, restless, stressed or worried**
- **Crying for no apparent reason, feeling sad or 'down' for long periods of time**
- **Having trouble concentrating or remembering things**
- **Having lots of negative thoughts**

## Tips to help you support your young person.

1. Recognise their distress or concerning behaviour
2. Ask them about it
3. Acknowledge their feelings
4. Get appropriate support
5. Check in a short time afterwards



If you believe that a young person is at risk of harm, you should seek professional support from your local mental health service or emergency department and keep the young person safe until help arrives.

Support services:  
[www.eheadspace.org.au](http://www.eheadspace.org.au)  
[www.reachout.com](http://www.reachout.com)  
LifeLine 13 11 14  
Kidshelpline: 1800 224 636  
Parentline: 1300 301 300