

EMOTIONAL SUPPORT FOR PRIMARY SCHOOL CHILDREN - ADVICE FOR PARENTS AND CARERS

Have you noticed changes in your child's behaviour?

Everyone can often feel sad, angry or worried at times. But if these changes are lasting a long time or are greatly affecting your child, it might be time to seek some guidance.

There are things you can look out for that might suggest your child is worried about something:

- Significant changes in how they behave and act
- Problems sleeping such as getting to sleep, waking often and being tired all the time
- Being withdrawn or avoiding certain situations or people
- Not wanting to do things they usually enjoy
- Hurting themselves on purpose to help cope with difficult feelings

Before you seek help you might want to think about whether your child is getting everything they need to be healthy such as;

- A healthy balanced diet including plenty of water
- Enough sleep
- Plenty of physical activity and play
- A home where they feel safe and loved
- Friends, hobbies and interests

There are lots of places you can get advice and help to support you and your child.

For more information call the team on:

0300 029 0029

or visit www.haltonhealthimprovement.co.uk



@HaltonBC



Halton BC

The local Mental Health Info Point has details of support available for a variety of worries and concerns as well as info on how to look after your mental health and wellbeing. Scan the QR code on your smartphone to visit www.halton.gov.uk/mhinfopoint



If your child is in a mental health crisis you can contact the local mental health crisis line for free on **0800 051 1508**. Available **24/7** and can also support adults who need urgent mental health support.



Need urgent help with your mental health?
You can call us 24/7 for FREE

Call **0800 051 1508** available for all ages if you live in **Halton, St Helens, Warrington and Knowsley**.

It's always okay to ask for help. www.merseycare.nhs.uk/urgent-help

NHS Mersey Care
Mental Health Services
Community and Mental Health Services

Young Minds provide a FREE Parents helpline and web chat providing confidential expert advice

Young Minds Parents Helpline.

You can call for free on **0808 802 5544** from 9:30am - 4pm, Monday – Friday

www.youngminds.org.uk



Speak to a School Nurse or Health Visitor via Chat Health text service. The number will operate between 9am and 5pm Mon-Fri and messages will receive a response within 24 hours



If your child is 5 and under you can text a health visitor on 07507 327025

If your child is 19 and under you can text a school nurse on 07480 635988

ADDvanced solutions support children, young people and families living with neurodevelopmental conditions. You don't need a diagnosis to access support.

Email: info@advancedsolutions.co.uk or
Tel: 0151 486 1788



ADDvanced Solutions
Community Network
Supporting you to find the answers

Sometimes it's easier to talk to someone other than mum or dad. Make sure your child knows who else they can talk to when something is worrying them

18 and under? Childline provide support 24 hours a day 7 days a week via telephone, email and online web chat with a counsellor. Calls are free from mobiles and landlines and won't show on your bill

Call: 0800 1111

<https://www.childline.org.uk/get-support/>



Feeling anxious, worried or overwhelmed? SHOUT provide free confidential support via text 24 hours a day 7 days a week.

<https://giveusashout.org/>

Text REACH to 85258

