

What can I do If I am worried about my child's mental Health and Wellbeing?

Talk to us	<p>The first step is to talk about things and begin to make adjustments:</p> <p>We can talk over your concerns and worries</p> <p>We can talk with your child to begin to find out what may be worrying them</p>
Working with adults in school	<p>Some concerns may need additional support within school:</p> <p>We can develop a support plan</p> <p>We can offer a number of interventions: nurture or Thrive sessions, Drawing and Talking, Emotional literacy, 'time to talk'</p> <p>We can suggest/show some strategies and techniques such as Emotional Freedom Tapping</p>
External support	<p>Sometimes children need support from expert health workers:</p> <p>This could include: The Early Help Service Compass Phoenix CAMHS</p>