

EMOTIONAL SUPPORT FOR SECONDARY SCHOOL CHILDREN AND YOUNG PEOPLE- ADVICE FOR PARENTS AND CARERS

Have you noticed changes in your child's behaviour?

Its normal to feel low, angry or worried at times. But if these feelings are lasting a long time or are greatly affecting your child, it might be time to seek some guidance.

Look out for these signs your child might be worried:

- Notice 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- Being withdrawn or avoiding certain situations or people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 or neglecting themselves

It can help to consider whether your child has these essentials for emotional health;

- **Balanced diet:** Encourage them to eat well and stay hydrated
- **Enough sleep:** Encourage them to prioritise sleep
- **Physical activity:** Encourage free play, physical activity and sport
- **Safe and loving home:** Create a nurturing environment
- **Social Connections:** Encourage time with friends and hobbies
- **Limited screen time:** Keep screen time to a minimum as excessive screen time and internet use impacts our ability to manage emotions.
- **Help with big emotions:** Children and teenagers need help from adults to manage big emotions, this is called emotion coaching and involves accepting their emotions, teaching coping strategies and the ability to understand and manage feelings effectively.

There are many resources to help you support your child.

For more information call the team on:

0300 029 0029

or visit www.haltonhealthimprovement.co.uk



@HaltonBC



Halton BC

Local Mental Health Info Point

For details of support for various worries

Visit www.halton.gov.uk/mhinfopoint

Or scan the QR code on your smartphone.



Mental Health Support Teams in Schools

Provides interventions for mild to moderate mental health conditions such as anxiety, low mood or behavioural difficulties. For more info speak to your schools designated Mental Health lead or visit [Mental Health Support Team in Schools in Halton :: Mersey Care NHS Foundation Trust](#)*This service is not yet available in all schools

Mental Health Support
Team (MHST) in schools

Chat Health Text services

Confidential advice from a specialist NHS Nurse

Text a health visitor (ages 5 and under):

07507 327025

Text a school nurse (ages 5 to 19):

07480 635988

Operates Mon-Fri, 9 am - 5 pm

You will receive a response within 24 hours



ADDvanced solutions

Support for neurodevelopmental conditions.

No diagnosis needed.

Email: info@advancedsolutions.co.uk

or call **0151 486 1788**



ADDvanced Solutions
Community Network
Supporting you to find the answers

HeadzUp Halton

An informal drop in for young people aged 17 and under and their families or carers.

Available every week in Widnes and Runcorn.

For full details visit [Headz Up Halton Drop in](#) or call [01928 568 162](tel:01928568162)



Crisis Response Team

24 hour crisis response team is for young people up to the age of 18 experiencing a crisis needing an emergency response

Call [01744 415 640](tel:01744415640)



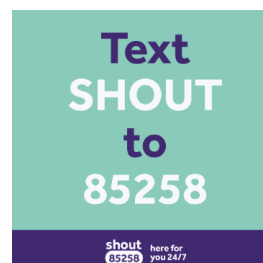
Sometimes it's easier to talk to someone other than parents and carers. Make sure your child knows who else they can talk to when something is worrying them

SHOUT text support (24/7)

Free, confidential support for whatever you're going through

Text "SHOUT" to **85258** to start a conversation

<https://giveusashout.org/>



Kooth

Free, anonymous, and confidential online well-being service for 11 to 25 year olds. Access professional support from counsellors as well as, information and forums 365 days a year, from 12 noon to 10 pm Mon-Fri, and 6 pm to 10 pm Sat-Sun. Visit their website at www.kooth.com



Chat Health Text services

11 to 19 year olds can share their worries with a school nurse in confidence via text. Operates Mon-Fri, 9am - 5 pm.

You will receive a response within 24 hours simply send a text to the following number **07507 330521**



Childline (aged 18 and under- available 24/7)

Free, confidential support via phone, email, and web chat.

Call **0800 1111**

Calls are free from mobiles and landlines and won't show on your bill

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

