



# Safeguarding Tip of The Week

## Children's mental health

#### Getting mental health support for your child

- Speak to the GP if your worried about your child's wellbeing.
- We are happy to help here at school
- Ask about a referral to CAMHS
- There are lots of other sites that can help and offer a lot of advice

https://www.youngminds.org.uk/parent/, https://www.nspcc.org.uk/keeping-children-safe/childrensmental-health/depression-anxiety-mental-health/, https://www.childline.org.uk/info-advice/yourfeelings/#explore

### IT IS OKAY TO MAKE MISTAKES NOT BE OKAY HAVE HARD DAYS BE YOURSELF

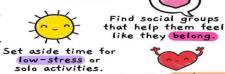
NOT KNOW IT ALL

ASK FOR HELP

START OVER

## Self-Care & Mental Health for Kids

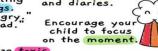
















BlessingManifesting



**NSPCC** 





























