

Concerned about a child or young person's thoughts, feelings or behaviour?



They will cope, with the advice, information and support you can provide or access in school or college

- Young people can access text based support at ChatHealth for support around physical and mental health **ChatHealth 07520 618850**
- Speak to a Designated Mental Health Lead in School or College
- For support in all areas of resilience, take a look at **MoodSpark** www.moodspark.org.uk
- For support about sexuality and gender identity, contact **BE YOU** www.thebeyouproject.co.uk

If it's starting to cause difficulties with their school work, friendships or family relationships, they will need your support but will also need some extra help

- To see all the services that are available in Kent, visit www.kentresiliencehub.org.uk
- If you are not sure what extra help is needed call the **Single Point of Access (SPA)** on 0300 123 4496
- KCHFT School Health Service provide packages of care. Access them using the referral form at www.kentcht.nhs.uk/forms/school-health-service-referral-form

If it's preventing them functioning, they will need your support but also they need further specialist support to meet significant mental health needs

NELFT provide access to clinical consultation and specialist mental health services. Call the **Single Point of Access** on 0300 123 4496 or visit www.nelft.nhs.uk

