IS YOUR CHILD’S BEHAVIOUR WORRYING YOU?

Help and Support Available:
- **Up to 18 years of age** – Children and Adolescent Mental Health Single Point of Access 0300 1236632 (09.00-17.00 Mon-Fri)
- **18 years of age and above** – Adult Mental Health via your GP
- After 17.00 (Mon-Fri) and at Weekends - Out of Hours GP Service via your GP

MILD

- Self-esteem
- Low-level Anxiety (Relating to recent event)
- Self-harm (Surface Cuts)
- Not Intentional
- Difficult Relationships
- Family/School

MODERATE

- Anxiety (Frequent and increased impact on some areas of life)
- Self-harm (Regular surface cuts and suicidal thoughts)

SEVERE

- Eating Disorders
- Obsessive Compulsive Disorders
- Post-traumatic Stress Disorder
- Anxiety (High anxiety affecting daily life)

CRISIS

- In a Medical Emergency call 999

- Acute emotional distress with high risk to self and others e.g. young person is verbalising a plan to harm themselves or others and the family or network around the young person is not able to contain or manage the issue without urgent intervention

For further detailed information, please refer to the accompanying guide. For more information, please contact Portsmouth Parent Voice: ppvadmin@p-d-f.org.uk.