IS YOUR CHILD’S BEHAVIOUR WORRYING YOU?

Help and Support Available:
- **Up to 11 years of age**
  - Contact your child’s school
  - 11-25 years of age – U Matter (Early Intervention Emotional Health and Wellbeing Service)
  - 02392 827026

**MILD**
- Self-esteem
- 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)

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

**CRISIS**
- 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

In a Medical Emergency call 999

For further detailed information please refer to the accompanying guide