**Child Mental Health**

Supporting your child through a difficult time, or difficult behaviour can be worrying and hard to manage. Knowing what is normal and when your child needs further support can be challenging. Navigating supporting your child can feel overwhelming, but there is lots of help available for many children.

The best place to start is often school. Schools are often in a good position to give you guidance about what is normal or appropriate for age, and another perspective. Most primary schools will have access to some form of play therapy, thrive or nurture group and sometimes counselling. These services can usually be accessed through asking in your child’s school and discussing the situation with them. The school nurse service also can be contacted for advice; they can assess children with behavioural difficulties and when appropriate refer to CAMHS. They can be contacted through the healthy child programme (East Grinstead/West Sussex Schools: 01342 325513).

**Below are some resources that you might find useful:**

The **Charlie Waller Memorial trust** guidance leaflet for parents and carers has useful advice and links: <https://docs.wixstatic.com/ugd/cb4de2_a5c3cb37b02b48a6ab18b577fe8e69be.pdf>

 The “what to do when” series of work books are good for children 6-10 years old they are based on CBT principals and have good practical advice. They have editions about worry, OCD, anger, separation anxiety, sleep difficulties etc.

<https://www.amazon.co.uk/What-When-Worry-Much-What/dp/1591473144>

The “can I tell you about” series of books have good advice for families and carers for a variety of diagnoses such as OCD, ADHD, Autism, Anxiety etc

<https://www.amazon.co.uk/Can-tell-you-about-OCD/dp/1849053812>

**These websites maybe of interest:**

**Charlie Waller Memorial trust** has good resources and guides for depression : website: <https://www.cwmt.org.uk/schools-families-resources>

**MIND** has a website dedicated to young people with good guidance and advice on a number of subjects including anorexia and anxiety: <https://youngminds.org.uk/>

**National Autistic Society:** has guidance on what autism is, the signs and symptoms and takes you through the steps of getting help: https://www.autism.org.uk/about/what-is.aspx

**Phone lines for advice:**

**Young minds** has a parent advice helpline**:**  **0808 802 5544**

**Child line**: is a free phone line for children for advice and support: **0800 1111**, <https://www.childline.org.uk/>

**There are a number of organisations in East Grinstead that support families and children going through difficult times:**

**Jigsaw:** supports children through the loss of a loved one - <https://www.jigsawsoutheast.org.uk/>

**Young carers:** support for children in caring roles, this maybe of a parent, sibling or other relative: <https://www.westsussex.gov.uk/media/2688/young_carers_leaflet.pdf>

**Aspens:** Supporting families with children and adults on the autistic spectrum and with other behavioural disorders: <https://aspens.org.uk/>

**Fegan’s:** A service that offers parenting support and services, and in school counselling in the local area: <https://www.fegans.org.uk/parent-support/>