

Who to contact in a crisis

If you think your child is experiencing a mental health crisis call NHS 111 and select the mental health option to speak to an NHS professional.

For life-threatening emergencies call 999.

Other useful resources:

Just One Norfolk - information on health and wellbeing for children, young people, adults, professionals and schools:
<https://www.justonenorfolk.nhs.uk>

Kooth - free, safe and anonymous support: <https://www.kooth.com>

Young Minds - free help and advice: <https://www.youngminds.org.uk>

MindEd - a free educational resource on children, young people, adults and older people's mental health:
<https://www.minded.org.uk/>



Mental Health Support Teams

Supporting primary school children



Mental Health Support Teams can offer support to help parents and carers with their child's fears, worries and behavioural difficulties. This leaflet provides information about who our support is aimed at and what support we can offer.

For more information, or to access our service, please speak to your child's class teacher or school mental health lead.

Fears and Worries

Who the support is aimed at:

Children may experience feelings of worry, fear, and panic. This support is for parents and carers who have primary school aged children who may be:

- Anxious, such as being afraid to separate from their parent or carer
- Fearful of certain situations
- Worrying about issues such as friendships or schoolwork

Evidence shows that parents and carers are best at supporting their primary aged child with fears and worries. We can help to equip parents and carers with the tools and skills needed to do this.

Support we can offer:

We offer parents and carers 6 to 8 sessions. These sessions involve guided self-help, Cognitive Behaviour Therapy (CBT) based intervention. This is offered 1:1 either in person or online via a video call. Sessions include:

- Psychoeducation
- Supporting your child to face their fears
- Supporting you to help build your child's confidence to tackle their worries
- A step-by-step plan to overcome fears
- Problem solving

It is important to practice the new tools and skills with your child between sessions. This will help the intervention to work as best it can.



Behaviour difficulties

Who the support is aimed at:

This support is for parents and carers who have primary school aged children up to 9 years old who are showing mild behavioural difficulties.

Evidence shows that parents and carers are best at supporting their primary aged child with these difficulties. We can help to equip parents and carers with the tools and skills needed to do this.

Support we can offer:

We offer parents and carers 6 to 8 sessions. These sessions involve guided self-help. This is offered 1:1 either in person or online via a video call.

Sessions include:

- Learning about your child and their behaviour
- Improving your relationship and using positive communication
- Building self-esteem and improved behaviour through targeted praise
- Using routines and boundaries to set appropriate limits for your child
- Reducing problematic behaviour
- Supporting emotional regulation in your child

It is important for you to practice the new tools and skills with your child.