

Support for Children

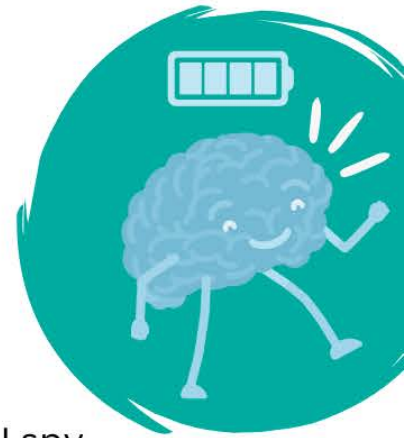
Local mental health support for children in Bath, Swindon and Wiltshire.

I feel okay.

Looking after yourself

There are some simple things you can do to keep feeling happy. They're known as the 5 ways to wellbeing.

- **Keep active:** run, jump or do sports.
- **Connect:** talk and make new friends.
- **Keep learning:** how you want to.
- **Give:** help at home or share with friends.
- **Take notice:** paint what you can see, listen to sounds or play I spy.



I feel sad or worried.

Talk to a family member like your mum or dad, a close friend or a trusted adult for example your teacher about how you feel.

School Nurses provide health related support, advice and treatment to school age children and their families in a variety of settings.

On Your Mind - early intervention, providing support for children and young people aged 5-18 registered with a GP in Wiltshire who are experiencing a range of early mental health difficulties.

www.onyourmind.org.uk



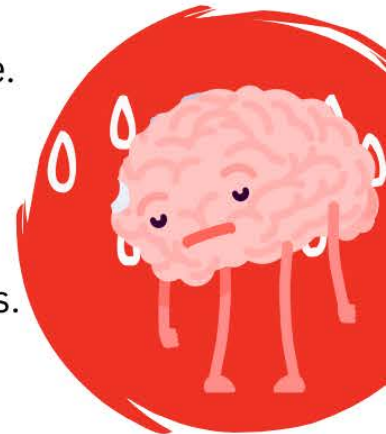
I have thoughts of hurting myself or I am in danger.

Call **999** if there is an emergency, you are really hurt or feel unsafe.

Worried about a child's mental health?

- Share concerns with the child's school
- Visit your GP Practice Team if you are a parent or carer to discuss the best options, including access to specialist services.
- Visit Young Minds parent support.

www.youngminds.org.uk/parent



Other people who can help you

Young minds: Text **YM** to **85258** at anytime
Childline free phone: **0800 1111**