

# PARENTS CAN REFER CHILDREN AND YOUNG PEOPLE FOR MENTAL HEALTH SUPPORT



Have you noticed that your child is worrying about lots of things or anxious in certain situations. Are they sad and feeling low and struggling to do things they would normally do? If so, you can refer them to us for support.

## We can support:

- low mood
- anxiety
- worry
- parent-led work
- sleep
- panic

Contact us for more information or if you have any questions about what we offer:



**0300 303 4663**



drcs.adminchanginglives  
@nhs.net



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