

Mental health support for young people in Warwickshire

A simple guide for accessing emotional wellbeing and mental health support for children and young people aged up to 18 (or up to 25 for those with an Education, Health and Care Plan)

Is your child or young person in immediate danger? Call 999 or visit A&E. For urgent mental health advice, contact NHS 111.



WHAT SUPPORT IS BEST FOR YOUR CHILD?

Mild to moderate emotional wellbeing support

Your child may be:

- Feeling anxious or worried
- Struggling with stress or low mood
- Having friendship or school difficulties
- Finding emotions difficult to manage



Your child may need some coping strategies and early support.

Tel: 02476 631835 (lines are open Mon-Thurs 9am - 4.30pm and Fri 9am - 4pm)

Visit: www.echosupport.org.uk

Support includes one-to-one/group wellbeing sessions and drop-in workshops.

More complex or ongoing mental health support

Your child may be struggling with serious emotional or behavioural challenges that are affecting their safety, relationships, learning, or ability to cope with everyday life e.g. eating disorders, self-harm or severe depression



Your child may need a specialist mental health assessment or support from NHS mental health professionals.

Talk to your GP, school, social worker or professional involved with your child about a referral.

For more information visit www.covwarkpt.nhs.uk/cyp-services



DON'T WORRY!

Both organisations will work closely to ensure everyone gets timely and appropriate support from the best service based on their needs, regardless of their referral route.

REMEMBER

Seeking support early, before things escalate, can make a big difference. For more information about mental health support, visit www.warwickshire.gov.uk/mentalhealth

