



EARLY SUPPORT FOR YOUR CHILD'S ANXIETY / CHALLENGING BEHAVIOUR

NHS EDUCATION WELLBEING SERVICE

-We are a free NHS service providing one-to-one support for up to 8 weekly sessions.

-Our guided self-help approach empowers parents with a range of practical strategies to support their child.

-We can adapt our support for children and parents with Autism, ADHD or other Special Educational Needs.

**WE CAN SUPPORT
YOU WITH ISSUES
SUCH AS:**

Sleep

Worries

Tantrums

Phobias



This service is not for children who are already receiving help from Children and Family Services or CAMHS.



Scan the QR Code or speak to your child's teacher/school mental health lead to find out more and apply: