

Referral guidance for children suffering from mental health challenges

If your child is experiencing low mood or anxiety, there are lots of ways you can support them:

Contact 'Here for You' at any time for advice and guidance:

 0800 2346342



www.hereforyou.info

You can call 111 and ask to speak to a Child and Young Person's Mental Health Professional.

 **111**



IF YOU THINK YOUR CHILD IS IN CRISIS OR YOU THINK THEY ARE GOING TO HARM THEMSELVES, CALL 999 OR PRESENT AT A&E.

If you still need support, you can contact your child's school or GP Surgery:

School



School will speak to your child and update you with next steps



Where appropriate, school will provide support. Your GP or Mental Health Professional may also recommend school-based support.

GP Surgery



Make an appointment to see your GP or CYP Mental Health Professional (if your surgery has one)



Referral to external services

Caskgate Street
Surgery



WICKERSLEY
PARTNERSHIP
TRUST.

Cleveland
Surgery