

# SSLP Mental Health Newsletter



## How Do I Know If My Child Needs Support?

As parents and carers, the safety and wellbeing of our children is always at the forefront of our minds. Unfortunately, it is common for our children to hide issues and concerns from their trusted adults as they don't want us to worry about them. Some of the things to look out for are:

- Change in attitude or demeanour
- Lack of motivation
- Sudden weight loss or gain
- Change in social habits



## What Support Is Available?

There are a wide range of agencies providing support both nationally and locally. As with any service, different organisations have different areas of expertise and are able to support with specific issues such as bereavement, self-harm and so on.

We are also acutely aware that sometimes we as adults need support

and guidance. It is important that we recognise our own needs so that we can support those around us. The support directory in this newsletter is not limited to support for children and young people, but adults too.

If you require any support or guidance, for you or your child, please reach out to the mental health lead at your child's school.