

## Health, Wellbeing and Emotional Wellbeing Support for Children in Surrey

### Guide for Parents and Carers, January 2021

As we adjust to the latest national COVID-19 lockdown, it is important that you know how to access the right advice, guidance and support for your family. This brief guide highlights a range of resources to help maintain your child's wellbeing and to address any emotional needs, as well as guidance to help you spot early signs.

#### Telephone Advice Lines

##### NHS 111

If your child is unwell or has an injury and you are worried **call NHS 111**. They are available 24/7 and will get you the right help including booking timed appointments at A&E if needed.

##### Children and Family Health Surrey 0 – 19 Advice Line 01883 340 922

8am-5pm Mon-Fri exc Bank Hols  
Contact their advice line for help on all aspects of child health, development and parenting.

##### Childline

Counselling service for children and young people available any time via phone or online:



##### Domestic Abuse Helpline 01483 776 822

9am-9pm 7 days a week. Please reach out if you need to talk. You can also visit the website:  
[www.healthysurrey.org.uk/domestic-abuse](http://www.healthysurrey.org.uk/domestic-abuse)

#### Children's Text Service

##### Chat Health 07507 329 951, 11-19 yrs

9am-5pm Mon-Fri exc Bank Hols  
Your child can text a School Nurse directly to chat confidentially about anything troubling them like anxiety, sleep issues, exam stress or eating.

#### Online Support

##### NHS.UK

Information and advice on health conditions, symptoms, healthy living, medicines and how to get help. [www.nhs.uk](http://www.nhs.uk)

##### Kooth.com

Online mental wellbeing support for children from 10 years upwards in Surrey including a virtual chat with a trained member of the team. [www.kooth.com](http://www.kooth.com)

##### Qwell for Parents of SEND Children

Online emotional wellbeing support for parents and carers of children and young people with special educational needs and disability in Surrey: [www.qwell.io](http://www.qwell.io)

##### Healthy Surrey

Support for parents to look after your own mental health plus advice for keeping your family well. [www.healthysurrey.org.uk](http://www.healthysurrey.org.uk)

# Emotional Wellbeing and Mental Health Resources

## Every Mind Matters

Advice for parents and carers on looking after your child's mental health and self care videos for young people.

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)



## Young Minds

Useful tips and ideas for how to support your children with worries or mental health problems. [youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/](http://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/)

## MindEd for Families

Advice and information from specialists and parents to help you understand what problems occur and what you can do best to support your family. [www.minded.org.uk](http://www.minded.org.uk)

## Jigsaw South East

Supports bereaved children and young people and those facing the loss of a loved one.

[www.jigsawsoutheast.org.uk](http://www.jigsawsoutheast.org.uk)

**The Surrey Wellbeing Partnership** is a group of voluntary sector organisations working together to improve the wellbeing of Surrey children, young people and families. Contact [surreywellbeingpartnership@outlook.com](mailto:surreywellbeingpartnership@outlook.com) to link to your local charity or visit their Facebook page [www.facebook.com/Surrey-Wellbeing-Partnership-103386114667958](http://www.facebook.com/Surrey-Wellbeing-Partnership-103386114667958)

## COVID-19 Parents Resource Pack

Surrey's Educational Psychology team has created a resource pack full of tips to help you cope with managing your children's remote learning, dealing with anxious feelings, coping with change, and ideas for wellbeing activities.

[search3.openobjects.com/mediamanager/surrey/fsd/files/educational\\_psychology\\_coronavirus\\_covid\\_resource\\_pack\\_1.pdf](https://search3.openobjects.com/mediamanager/surrey/fsd/files/educational_psychology_coronavirus_covid_resource_pack_1.pdf)

## Free Online Parenting Guides

Online guides to help you understand your child's or teenager's emotional development to improve your relationship.

[childrenshealthissurrey.nhs.uk/services/free-online-guides-families](http://childrenshealthissurrey.nhs.uk/services/free-online-guides-families)

## Rise Above

Online films and info for young people on things they worry about but might not discuss such as body image, relationships and coping with unhelpful thoughts. [www.riseabove.org.uk](http://www.riseabove.org.uk)

## Safe Space Health

Physical, emotional and wellbeing health information in an accessible, fun and interactive way for 11 -14 yr olds. [www.safespacehealth.uk](http://www.safespacehealth.uk)

## Family Learning

Online parenting courses for parents and carers who are struggling to support their children with school, homework or behaviour issues.

[www.surreycc.gov.uk/schools-and-learning/adult-learning/courses/family-learning](http://www.surreycc.gov.uk/schools-and-learning/adult-learning/courses/family-learning)



## Family Information Service

Information and signposting for families in Surrey covering childcare, education, family finance and wellbeing plus COVID-19 resources.

[www.surreycc.gov.uk/people-and-community/families](http://www.surreycc.gov.uk/people-and-community/families)

# Emotional Wellbeing and Mental Health Early Signs

Every child and young person feels low, angry or anxious at times. But when these feelings don't pass quickly or are affecting them significantly, it's good to get help.

You know your child best, and what is normal for them, so if you're worried take a look at the self help resources in this guide or contact your school. Here are some of the signs to look out for.



## Early Signs for Children and Young People of All Ages

Significant changes in behaviour

Ongoing difficulty sleeping

Withdrawing from social situations

Not wanting to do things they usually like

Self-harm or neglecting themselves

## Signs for Primary School Children

Marked withdrawal or not willing to speak

Anxious or obsessive behaviours

Significant over-activity compared to usual

Persistent difficulties getting on with other children

Preferring to play alone and not wanting to interact with family

Persistent tearfulness or unhappiness

Persistent aggression towards others

Night time bedwetting when previously dry at night

## Signs for Secondary School Children

Persistent low mood or unhappiness

Increased irritability over extended periods

Lack of energy for no obvious reason

Disturbed sleep

Increased anxiety

Withdrawn behaviour or social isolation

Reduced appetite or unusual eating behaviour

Reduced school performance or repeated truanting

Severe aggression or getting into trouble with authority

Poor concentration and attention

**For details on self help resources for you and your child, or for information on how to get in touch with a healthcare professional, see pages 2 and 5 of this guide.**

## Concerns About Eating and Eating Disorders Spotlight

### What is an Eating Problem?

Changes in your child's eating habits as they grow up are normal. They might want to eat healthy meals to improve their wellbeing or comfort eat when stressed. But if they aren't eating a regular balanced diet or become preoccupied with their body shape it could start to become a problem.

An eating problem is when eating habits become unhealthy, such as eating too much or eating too little, becoming controlling about what they eat and being unhappy, worried and preoccupied with things such as weight and shape. An eating problem may develop into an eating disorder.

### What is an Eating Disorder?

Anyone can develop an eating disorder at any age. They can be a way of coping with feelings or situations that are making your child unhappy, angry, depressed, stressed, or anxious.

Some examples of eating disorders include avoidant/restrictive food intake, bulimia, binge eating, and anorexia. They are not always easy to recognise as they each have different symptoms. However there are some initial behaviours outlined below which can be an indication that you child may be developing an eating disorder.

### Eating Disorders – Know the First Signs



**If you are worried about your child you should act quickly.**  
Visit [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) for online advice, information and telephone support 365 days per year, or contact your GP or school nurse.

## Getting More Help



**If you are worried about your child's emotional wellbeing please contact their school. Whether they are learning from home or going in to school, our staff are here to help you. Speak to the Wellbeing Lead or Special Educational Needs Co-ordinator.**

They can support you and put you in touch with the team of education, health and wellbeing staff linked to every school. This team is here to support your child with emotional wellbeing and mental health concerns and includes your School Nurse, CAMHS Early Intervention Service and Educational Psychologist. They can refer your child to other services with your permission if necessary.

**Brief introductory films on each of the health and wellbeing teams in Surrey schools are available on the [Healthy Surrey website](#).**

### **School Nurses**

The School Nursing Team promotes physical health and emotional wellbeing in schools and the community. This includes anxiety, self harm, bereavement, sleep issues, illnesses, sexual health, healthy eating, exam stress and bullying.

**Contact your School Nurse** through your child's school or via the 0 - 19 Advice Line on 01883 340 922 (Mon-Fri, 8am-5pm)

### **CAMHS Early Intervention Services**

These Services are made up of Primary Mental Health Workers, Child Wellbeing Practitioners and Emotional Wellbeing School Nurses. They support children and young people when they begin to feel emotionally or mentally unwell, helping to build resilience and improve wellbeing to reduce the chances of problems becoming more serious.

**Contact CAMHS Early Intervention Services** through your child's school or via the CAMHS Single Point of Access on 0300 222 5755 (Mon-Fri 8am-8pm, Sat 9am-12pm)



### **Educational Psychologists**

Educational psychologists can support your child if you're concerned about their emotional wellbeing. They focus on problem solving, providing information and signposting.

**Contact your Educational Psychologist** through your child's school or via the consultation line in your local area from 1-4pm each Wednesday:

North East Surrey: 01372 833588

South East Surrey: 01737 737777

North West Surrey: 01483 518130

South West Surrey: 01483 517179