



# 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.

Speak to your child's teacher or the school mental health lead about a referral to our service or scan the QR Code:

