

Emotional support and guidance for 5-11 year olds in Bristol

There may be ways parents and carers can help the young person to understand their thoughts and behaviours better. You could also speak with the young person's school nurse - there could be simple changes to their environment that can help.

getting advice

If you notice a young person showing signs of anxiety, low mood or any other behaviour that may worry you, you can start by doing some research. There are websites online that can offer support or advice.

Websites you could try:

- Happy Maps - happymaps.co.uk
- Place2Be - place2be.org.uk



getting help

You can seek professional help if your child is showing: phobias, worrying, panic attacks, a fear of social situations, problems with separation, low mood, sleeping problems, stress or irritability.

Mental Health Support Teams (MHSTs) work in partnership with Off the Record (OTR) and Child and Adolescent Mental Services (CAMHS). MHSTs offer individual therapeutic support and whole school activities and approaches, and are based in some Bristol schools. Families can contact the safeguarding or wellbeing lead at their child's school to find out more.

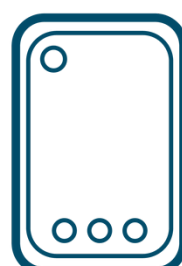
(awp.nhs.uk)

(otrbristol.org.uk/what-we-do)

(otrbristol.org.uk/what-we-do/mhst)

Kooth is a free digital platform for young people to use from the age of 11 (up to 18) who need support. Kooth provides resources such as a magazine, goal planning, journal writing, and an online chat option with one of Kooth's qualified team members.

(kooth.com)



getting more help

If a young person's feelings or behaviours become more concerning, they may need further support. Issues could include increased anxiety, depression, self harm, violent or angry behavior, difficulties with food, obsessions or compulsions, and delusions or hallucinations.

CAMHS is an NHS service that provides support for young people such as one-to-one and family therapy sessions, medication, and if needed, stays in hospital. Young people can be referred to CAMHS by their school or GP if their thoughts or behaviour meet the criteria.

(awp.nhs.uk/services/children-and-young-people)

Bristol City Council have created a directory which includes services that support young people with their wellbeing.

(bnssg.icb.nhs.uk/library/bristol-mental-health-and-wellbeing-directory-services-children-and-young-people)

Free community resources

Full Circle Project is based in St Pauls, offering activities and advice for physical and mental wellbeing. This is a part of a collection of Central Bristol youth organisations (for ages 8-21).

(fullcircleproject.org.uk/inner-city-youth-collective-welcome)

Empire Fighting Chance (for ages 8-25) is a charity that can provide 1:1 mentoring and therapy alongside non-contact boxing.

(empirefightingchance.org)



Love Squared provides wellbeing support and therapeutic groups: 'Remix' - creative group (for ages 7-11), 'Game On' - online gaming group (for ages 7-13) and holiday programmes. They offer a weekly telephone support service for parents and carers on a Thursday evening.

(lovesquared.org.uk/glow-free-support)

National organisations:

Shout is a free, 24/7 text support service for all ages. Text the word 'SHOUT' to 85258. Trained volunteers will respond.

(giveusashout.org)

Childline provides telephone support or an online chat with a trained professional. This is open 24/7 days a week.

(www.childline.org.uk)