

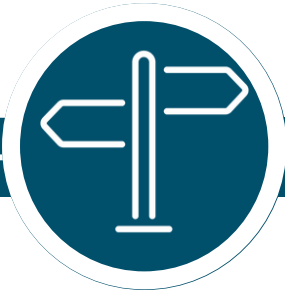
# Emotional support and guidance for 5-11 year olds in Bristol

## getting advice

If you notice a young person showing signs of anxiety, low mood or any other behaviours that may worry you, start by doing some research.

Websites you could try:

- Happy Maps - [happymaps.co.uk](http://happymaps.co.uk)
- Place2Be - [place2be.org.uk](http://place2be.org.uk)



## getting help

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

Off the Record (OTR) supports young people in a variety of ways and has workers in some schools.

School nurses offer information and guidance around wellbeing for young people.

Kooth provides online emotional support for 11 - 18 year olds.



## 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 provides one-to-one and family sessions, medication, and stays in hospital. Schools and GPs can refer young people to CAMHS. You can also search online for the 'Bristol Directory for Children and Young People', which lists local wellbeing services and information.



Scan the QR code to view a digital version of this infographic, which includes web links to the organisations mentioned and additional information.