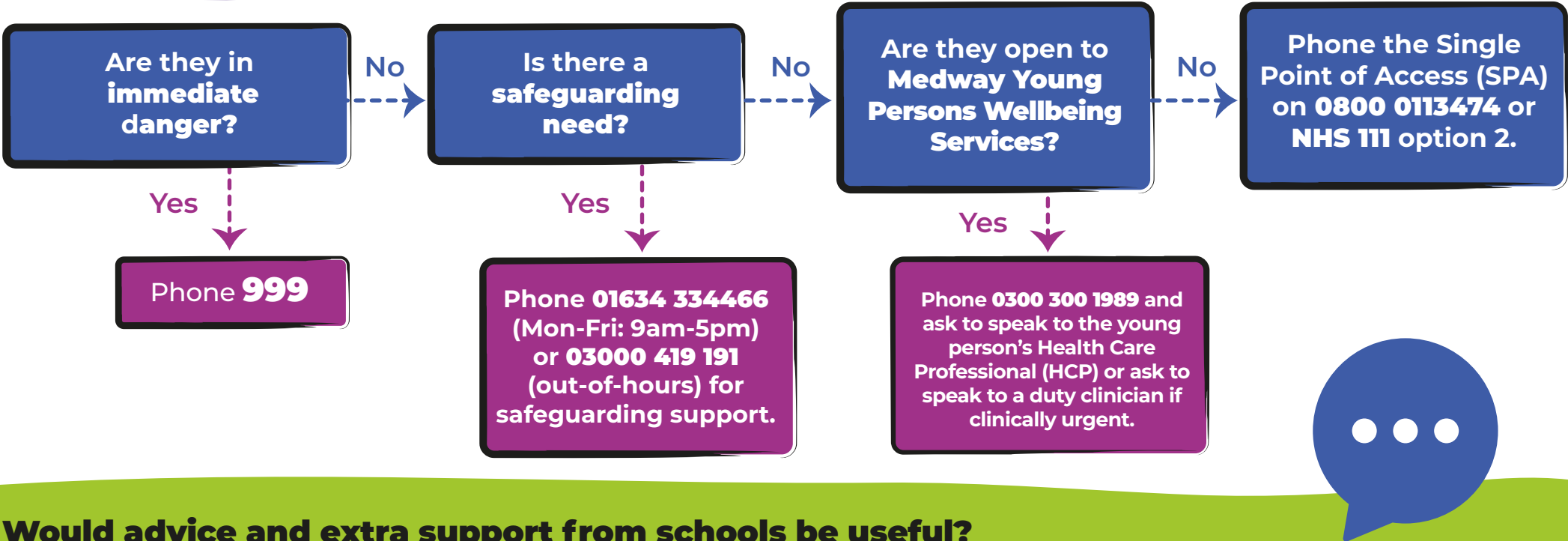


Concerned about a child or young person's thoughts, feelings or behaviour?



Would advice and extra support from schools be useful? Is it the first time they have experienced it and it doesn't impact their day-to-day living?

Children who attend school should speak to their schools support team first as they will be able signpost accordingly. Children not attending school can make a direct referral to those marked with ★



Is it starting to cause difficulties with their school work, family or friends? If so they may need support (focused goals-based input)

If you're not sure what extra help is needed phone the SPA on **0800 0113474**

Youth Service counselling (aged 10-19)
email youth.service@medway.gov.uk

B.R.A.V.E (North Kent Mind) Provides short-term therapeutic support to help children and young people with low mood, anxiety, emotional dysregulation, and self-harming behaviours. BraveService@NorthKentMind.co.uk

Release the Pressure For anyone who is struggling to cope, text SHOUT to 85258, or visit ReleaseThePressure.uk for every mental health concern

Is it preventing them from functioning? If so they may need further support (extensive and specialised goals based help)

NELFT provide access to clinical consultation & specialist services. Phone SPA on **0800 0113474**

