

*Hello!*

Are you a parent/carer of a pupil at this Primary School?

Are you noticing your child experiencing a sustained change in their mood?

Perhaps you are noticing they are experiencing increased feelings of panic; anxiety or low mood?

Perhaps you are noticing the things they used to enjoy are no longer bringing them enjoyment.

Perhaps they are appearing much more irritable, more tearful, less happy?

It is very normal for us to experience our mental health being out of balance at different times.

This is where we can help by offering you an opportunity to explore options.

### **Our offer of a Wellbeing Conversation with you.**

We hear from children, young people and their families that sometimes a simple conversation to explore concerns around thoughts and feelings would be a valued opportunity.

**No assessment.**

**No judgement.**

**No pass or fail.**

Our wellbeing conversation is a simple conversation to explore your worries and concerns about your young person's mental health.

We aim to explore with you what the evidence says about what helps different situations. We aim to explore with you and share knowledge of what is available in your school, in your community and nationally.

We will dedicate this time to you, to listen well and hear what you would like to do next. We would like to explore with you what works in balancing mental and physical health. We are here to support you making your decision on your "what next?"

If you would like to talk to us, please send us your completed self-referral form. We will contact you within a week to plan the next steps with you. You may want an adult in school or your GP to help you access us, this too is good with us. You are welcome to follow whatever option works for you. If you need us, we are here.

You may prefer to explore the options from other services before you decide to access us. Please find attached their details for your exploration. We wish you well finding your balance, either with us or your friends, your family or other services. We are all right here for you.