

## Getting help

It is important that appropriate, timely support is available and provided for each child or young person according to their needs. Sometimes the support available in the Community and from Friends and Family is enough to aid healing and recovery, sometimes the support needs to be more targeted or highly specialised.

### Universal support

For many children and young people who have experienced trauma, the collective support from friends, family and the wider community, coupled with inner resilience, may be enough to help with healing and recovery. Central to healing is the presence of nurturing and reliable adults who notice, interpret and respond to a young person's behaviours through a 'trauma lens'. Consistent responses such as providing stable, predictable environments, building positive relationships and promoting wider social connections are important. Helping with the development of coping skills such as being able to 'ground' and self-regulate builds resilience and promotes self-esteem.



### Targeted support

Some children and young people may need to access additional services to support with emotional and mental health. Depending on the nature and impact of the difficulties, the context and duration of the concerns, this support may be most appropriately delivered via one or more of a variety of Professionals and Agencies. This may include school counselling, Child Clinical Psychology, 3<sup>rd</sup> Sector Mental Health Organisations, Children's Services or the local Children and Young Person's Primary Mental Health Service.



### Specialist support

Severe mental health difficulties can cause significant impairment, there may be associated risk of harm, the difficulties may be complex and/or going on for a long time. Where there are significant mental health difficulties, specialist support from the Specialist Child and Adolescent Mental Health Service (S-CAMHS) and additional Agencies may be needed.

## How to refer

**For Parents and Carers** - ask your General Practitioner to make a referral to your local Single Point of Access Panel (or local equivalent) so that you and your child or teenager can access the most appropriate intervention, support and service.

**For Professionals** – refer to your local Single Point of Access Panel or local equivalent.

**In an emergency**

Contact the General Practitioner or Local Accident & Emergency Department.

**For safeguarding concerns**

Contact your local Safeguarding Team and follow local Safeguarding Policy and Procedures.