



Worried about your child

A wellbeing guide for Leamington parents and carers. Whether it is a small worry or something bigger, please talk to us. Your child does not need a diagnosis to get help.

Start with a chat

- Speak to your child's teacher or call the school office. Ask for Mrs Belger, our Mental Health Lead, or the Inclusion Team.
- School office 0151 284 7847
- Tell us what you have noticed and when it started. These might be worries, friendship problems, poor sleep or finding it hard to come to school. It is fine if you are not sure what is wrong.

What happens next

We will listen to you and your child, talk through the help available and agree when to check in again. We share relevant information when needed to support your child and keep them safe.

Help in school may include:

- A trusted adult to talk to and regular check-ins.
- Help with feelings, friendships and calming strategies.
- A small group, such as Wellbeing Club or our Primary Anxiety Group.
- Advice from our Inclusion Team or help accessing other services.

Support outside school

Your GP: can listen to your concerns and help you find the right support.

Alder Hey CAMHS: specialist support for children's emotional and mental health. Parents can contact the service directly, or ask school or their GP for help. [Visit CAMHS](#)

YPAS: support for children's wellbeing and families. For primary school children, speak to Mrs Belger or our special educational needs coordinator about a referral. [Visit YPAS](#)

YPAS enquiries 0151 707 1025

Need help now

For urgent mental health support, call 111 and select the mental health option. This is available day and night, including for children.

Immediate danger or a life-threatening emergency? Call 999 or go to A&E.

Please do not wait for school to reopen if help is needed urgently.

Need this guide another way

Ask the school office for a paper copy, translated information or help reading this guide or filling in forms. Tell us your preferred language or the help you need. You can speak to us in person or by phone.

NHS urgent support advice