

Worried about your child during the holiday?

Tips for staying happy & focussed:

Maintain good routine – have reasonable wake & sleep times, eat meals at usual times.

Keep their brains active – encourage them to read books, do crosswords / puzzles, play board games.

Keep them active – go for walks, join the gym or go swimming. Volunteer, help out in the community or learn a new skill.

Stay connected – get them to meet up with friends, spend time with family, join in local community events, at libraries and galleries.

Support available for your child:

Kooth.com – online chat

Text SHOUT to 85258

Samaritans – 116 123 (Freephone)

The Mix – online, telephone & text help available

42nd Street – online chat & telephone help available

In a crisis / emergency please ring 999 or attend A&E.