



WORRIED ABOUT THEM?

Our trained advisers can offer tailored support if you're worried about a change in your child's behaviour or emotions.

Contact YoungMinds Parents Helpline on **0808 802 5544**.

🌟 This free and confidential service is open to all parents and carers.

YOUNGMINDS
Fighting for young people's mental health

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[youngminds.org.uk](https://www.youngminds.org.uk)

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