



They might think I'm just
making a fuss

But I've just got a feeling that
something's not right

Early intervention is better than
waiting until it becomes a bigger
problem. Find out more as soon as
you're worried, rather than hoping
it'll just 'go away'

Contact YoungMinds Parents Helpline
0808 802 5544
www.youngminds.org.uk/parents

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You are not alone.

Thousands of parents contact us every year
and get the help they need.

T: 0808 802 5544

E: parents@youngminds.org.uk

W: youngminds.org.uk/parents

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