

Notice if there are signs of unhappiness

Do they seem

- unwilling to go to school?
- constantly anxious, nervous or agitated?
- unable to sleep a lot of the time?
- withdrawn and very quiet?
- clingy or frightened?

Are they

- losing or putting on a lot of weight?
- spending most of their time alone?
- stealing or telling lies?
- often arguing or getting very angry?
- reluctant to do anything other than be "on screen"?
- acting young for their age?

Have they

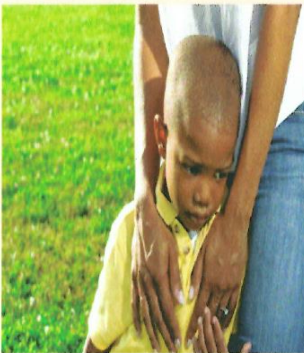
- stopped communicating?
- changed their behaviour?



Remember

Children...

- can't always tell you what they feel
- get frightened by things they don't understand
- blame themselves for things happening around them



How you can help:

- Try to understand what is going on
- Help them talk about their feelings
- Spend time with them
- Give them extra hugs, affection and praise
- Reassure them and help them feel safe
- Have fun and do special things with them (see leaflet – helping your child to be happy)



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When should you get help?



It is usual for children to be unhappy sometimes but if you're really worried about them you should talk to someone.

Lots of children need help at some point – it is normal.

Most problems can be sorted out and it's important to deal with them early on so they don't have long term impact on your child's life.

If you're not sure – check it out. You're not on your own!



Where to get help

There are various people you might get help from:

- **Trusted adult friends, other parents and family members.** Talking to other people can often help. Sometimes friendships and attention from other adults can provide additional support for a child.
- **Health professionals.** You could go to your GP
- **School staff.** You might talk to your child's class teacher or TA or someone else you



One in ten young people aged 5-16 have been diagnosed with a mental health disorder at some point

know at the school. Find out how they are at school and work together to try and figure out what the problem is and what might help.

- **Your local library** may have useful information
- **Internet and websites.** A list of websites is provided on the back page of this leaflet. Most of these organisations offer FREE information and support.