

What to do if you feel that your child has social, emotional or mental health difficulties

What do we mean by social, emotional or mental health difficulties?

Some examples of social difficulties may be:

- Lacking confidence
- Difficulties making and maintaining friendships
- Finding communication difficult

Some examples of emotional/mental health difficulties may be:

- Not being able to control emotions
- Outbursts of anger/frustration
- Depression
- Self-harming
- Eating disorders

If you are worried that your child is experiencing social, emotional or mental health difficulties, in the first instance, talk to their teacher or the Special Educational Needs Coordinator (SENCo) at their school or talk directly to your GP.

The school may have a school counsellor or learning mentor that your child can be referred to. The school may run social skills groups or anger management interventions which may meet your child's needs.

The school may suggest that you go to your GP for a referral to the Child and Adolescent Mental Health Service (CAMHS), which are a group of medical professionals who support children and young people.

If you feel that the child's difficulties are directly related to their sensory impairment, you can talk to their advisory teacher for hearing/vision impairment. You could also mention the difficulties they are having next time they visit a hearing/vision clinic.