

# Should I be worried?



**Easy  
Read**



**MindEd**

*e-learning to support young healthy minds*

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# Children under five



You might be worried if your child is upset or angry:-

- ▶ More than other children.
- ▶ For longer than other children.



Or if your child is:-

- ▶ Upsetting other children.
- ▶ Difficult for you to cope with.



You might want to see your local doctor.

But you should see your doctor if your child:-



▶ Has bad temper tantrums.



▶ Is often hitting other people.



▶ Is touching themselves or others in a sexual way.

▶ Problems with going to the toilet.

▶ Not sleeping or eating properly.



▶ Very upset when they leave you.

▶ Very quiet and not wanting to join in.

# Primary school children

You might be worried if your child:-



- ▶ Is always fighting and the school is worried.



- ▶ Is very worried and refuses to go to school.

- ▶ Very quiet and not speaking

- ▶ Over active - twitching and moving all the time.



- ▶ Not getting on with other children.

- ▶ Always playing alone.



- ▶ Always upset and crying.
- ▶ Wetting the bed at night.

## Teenagers



You might be worried if your child has:-

- ▶ Has very bad moods.



- ▶ Gets annoyed all the time.



- ▶ Is always tired.
- ▶ Not sleeping.



- ▶ Very quiet and always alone.



- ▶ Not eating properly.



- ▶ Suddenly doing much worse at school.



- ▶ Getting into trouble at school.



- ▶ Cutting themselves.



- ▶ Taking drugs, alcohol or other substances.

# Where to go for help



Talk to your GP or Health Visitor.



Your health visitor will be able to give you first aid advice to manage some behaviours.



They may suggest you and your child come along to a group of other parents who have similar problems.



They may suggest that you go on a training course about being a parent.



The doctor may ask you to see the **Child and Adolescent Mental Health Service (CAMHS)**.



**CAMHS** are professionals who have been trained to work with young people around mental health problems.



If you are worried always ask your doctor.

## Help from CAMHS



### **Parent-infant work**

A professional will spend time with you and your child watching how you do things together.



They will ask questions.

They will make some suggestions which might make things better.



## Therapy

**Therapy** is a way of helping people with mental health problems without using medicines or other drugs.



Instead the professional will talk and listen to the young person and suggest ways that help.

It is also called talking treatment. There are different types of **therapy**.



Most therapy is done one-to-one with the professional but sometimes therapy is done in a group.



## Family Therapy

A professional will spend time with the whole family.

They will watch how the whole family works together.



Your child's problem may have something to do with how the other people in the family work together.

## **Behaviour Therapy**

The professional will try to understand what happens just before your child's bad behaviour.



They will make suggestions of other things that you can do that stops your child's behaviour problem.



## **Play Therapy**

The child will spend time with a professional on their own playing.

The professional will be looking at how your child plays.



They will be able to understand more about what your child is thinking and feeling and will be able to suggest things you can do to help the bad behaviour.



## Treatment for teenagers

The professionals at **CAMHS** will do a full assessment.

They will work with you and your child to write a care plan.



The care plan may include:-

- ▶ Some talking treatment or **therapy** for your child



- ▶ Your child might be asked to join a **therapy group**

- ▶ Family therapy



Sometimes a doctor may recommend medicines or tablets to be taken as well as these other therapies.

# For more information

This resource is part of the MindEd online learning site. For more information:-



**Web:** [www.minded.org.uk](http://www.minded.org.uk)



**Email:** [minded@rcpch.ac.uk](mailto:minded@rcpch.ac.uk)



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