



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'

**YOUNGMINDS**

Contact YoungMinds Parents Helpline

0808 802 5544

[www.youngminds.org.uk/parents](http://www.youngminds.org.uk/parents)

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](mailto:parents@youngminds.org.uk)

W: [youngminds.org.uk/parents](http://youngminds.org.uk/parents)

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