

Child Mental Health

About 1-in-5 children have a mental health difficulty.

Signs include:

- ▶ Self-harm
- ▶ Sadness, irritability, aggression
- ▶ Changes in appetite, stomach aches
- ▶ Difficulty concentrating, withdrawn

Foster and support good mental health – lead by example.



safeguarding.network/child-mh

Local contact details:

