

How to use our Parent Handouts

The heading of the handout tells you what the topic is.

Are you concerned about your child being sad, worried, or having problems sleeping or eating?

These are sometimes called mental health concerns

This box explains why the topic can cause you to worry about your children.

Child mental health

Mental health concerns can affect anyone, even infants and young children. When young children are experiencing challenging feelings they might not know why or how to ask for help. A change in their behaviour can be a sign that they need support.

What to look out for

The behaviours below can be a normal part of child development but if they are causing you concern you should seek professional support.

- Emotional or behavioural issues
- Sleeping or eating problems
- Difficulties with relationships

This box tells you what things to look out for which might be caused by this topic. You can find help if you are worried.

This box explains why it is important to help children now instead of waiting for later.

Seeking support early

Early assessment and support for child mental health concerns is very important to prevent negative long-term impacts.

There are many FREE mental health services in your community that can help your child. They can also provide information to **help you** to support your child.

Where to find help

Your local Doctor can perform an initial assessment and provide you with information and referrals if your child needs to see a specialist.

There are also child mental health support services in your community that don't require a Doctors referral. This means you can self-refer.

This box tells you who can help your child with this topic. Most of these are free.

This box reminds you how important your role is to be the voice for your child, and you have nothing to lose by getting help now.

Important points to remember

- You know your child best, if you think something is wrong, seek help
- Seeking help early is best but it is never too late to ask for help
- Take this handout to your Doctor to help discuss your concerns
- Remember you can get a second opinion if you feel your concerns are not being addressed

This resource has been developed by the 'Stronger Seeds Taller Trees' project. General Practitioners can access further information about this initiative by visiting the South Western Sydney Primary Health Network (PHN) online GP Newsletter. [South Western Sydney Primary Health Network \(swsphn.com.au\)](http://SouthWesternSydneyPrimaryHealthNetwork.org.au)



STRONGER SEEDS, TALLER TREES
Increasing early supports to improve child outcomes

Insert your contact details here

This box tells you who made this handout and who gave it to you. You can also ask them for more information.