

What to do if you're worried about your child right now?



If your child needs urgent mental health support or advice, contact our 24-hour mental health helpline **0800 014 9995**



If your child has taken an overdose or needs urgent medical help, call **999** or take them to the nearest **A&E**



If you notice any **physical injuries** on your child, such as deep cuts or burns contact **NHS 111** online or your **GP** for advice

