

EAST SUSSEX COMMUNITY PAEDIATRICS

Accessing Support When you are Concerned about Your Child or Others: A guide for parents and carers

Please note, we are not an emergency or mental health service. If you have concerns about the mental wellbeing or safety of your child or anyone else in your household, please refer to the below chart for guidance:

<p>CONCERNS:</p>	<p>If you have concerns about your child's wellbeing please contact your GP in the first instance. You may also wish to seek advice via:</p> <ul style="list-style-type: none"> • Your Health Visitor (pre-school aged children) or the East Sussex School Health Service (school aged children): School Health One Point (SHOP) 0300 123 4062 kentcft.esschoolhealthservice@nhs.net • ISEND CLASS+ advice line: 01273 336887
<p>ESCALATING CONCERNS:</p>	<p>If mental health issues or behaviour are escalating and becoming unmanageable or putting safety at risk please contact:</p> <ul style="list-style-type: none"> • CAMHS / Children's Services Single Point of Access (SPOA) 01323 464222 (Mon-Thurs 8.30am to 5pm, Friday 8.30am to 4.30pm) Or email 0-19.SPOA@eastsussex.gov.uk. <i>Out of hours, with serious concerns that can't wait till the next working day, contact their Emergency Duty Service. 01273 335906 or 01273 335905 – (Monday to Thursday 5pm to 8.30am, after 4.30pm on Fridays, weekends and bank holidays)</i> • Sussex Mental Healthline 0800 0309 500 a 24/7 telephone service offering listening support, advice, information and signposting to anyone experiencing difficulties with their mental health or are concerned about the mental health of a relative or friend including carers and healthcare professionals. You do not need an appointment. • You can also access support via: <ul style="list-style-type: none"> - Childline: 0800 1111 https://www.childline.org.uk/get-support/contacting-childline/ - Samaritans: 116 23 https://www.samaritans.org/how-we-can-help/contact-samaritan/ • NHS 111: the non-emergency number to call when you need medical help fast but it's not a 999 emergency. Mental health call handlers may be available. <p><i>If your child is open to a local CAMHS team, you can call the local office and request the Duty and Liaison team.</i></p>
<p>URGENT CONCERNS:</p>	<p>If you or a member of your household are in immediate danger CALL 999 or attend your nearest Emergency Department if necessary.</p>