

Importance of Early Identification and Intervention

Providing support to children and their families at a time that is right for them can prevent problems worsening and reduce the risk of longer-term impact from mental ill health.

An audit undertaken by the CSCP looking at a cohort of children in crisis found that there had been some missed opportunities by agencies, at specific points in the child's life, to intervene earlier.

Recognising the Signs

Common warning signs include:

- Significant changes in normal behaviour
- Agitation / Irritability
- Eating habits
- Hygiene
- Difficulty sleeping
- Tearful
- Withdrawn
- Not wanting to do things they usually like
- Change in social behaviours i.e., avoiding friends and family.
- Self-harm or neglecting themselves
- Physical symptoms, such as headaches and vomiting
- Drug and alcohol misuse



One Minute Guide

Mental Health and Emotional Wellbeing:

Top Tips on recognising and responding to children and young people with emotional dysregulation and mental ill health

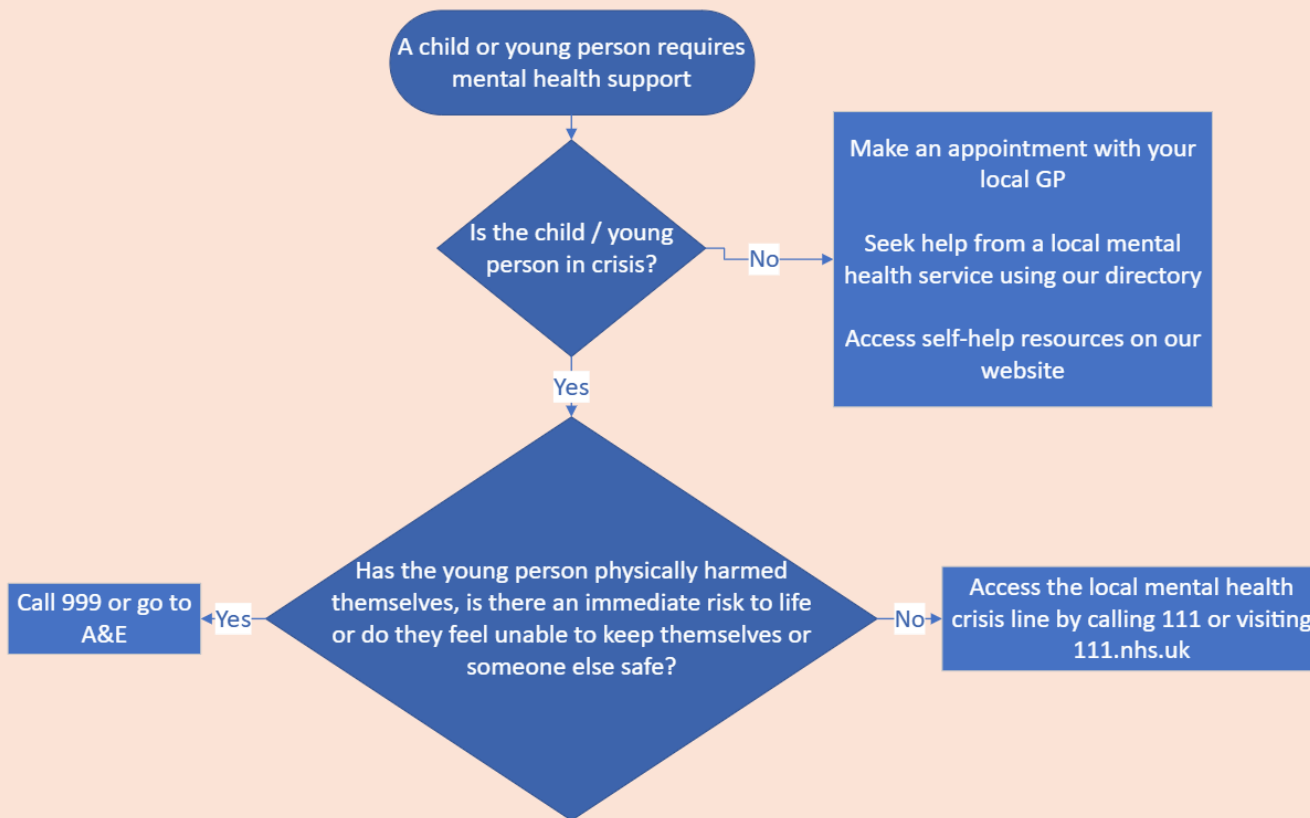
January 2025

Underlying Issues

It is important to understand and address any underlying issues the child or young people may be experiencing when offering them support. This could include:

- Adverse Childhood Experiences (ACEs)
- Abuse and neglect
- Family Dynamics (such as parental mental ill health or drug and alcohol use)
- Parent / Carer conflict or separation
- Body changes (puberty)
- Bullying / Cyber bullying
- Exams
- Relationships / friendships
- Attachments
- Social media
- Transitions (moving up years in school / moving home)
- Self-esteem

Responding to crisis



Childrens Mental Health Site and Service Directory

The Childrens Mental Health site has been produced in collaboration with local children's mental health service. It provides:

- Background on the local system,
- Updates on local events,
- Self-help resources
- Directory of services based on presenting need and age group.

It also hosts a printable leaflet of local mental health services and promotional flyers translated in a range of languages.

It's OK not to be OK

NEW Coventry Children and Young People Mental Health Services Directory

Scan the QR code to visit the NEW website where you can find services based on presenting need.

The website also has self-help resources and other useful information on the children's mental health system.



SCAN ME



www.coventry.gov.uk/childrens-mental-health

Further Information

[Coventry Safeguarding Children Partnership Website](#)

[Childrens Mental Health Website and Service Directory](#)