

Sussex Partnership

NHS Foundation Trust



When to be concerned

A guide on what to do if you notice changes in your child's behaviour whilst waiting for an appointment.

If your child is **actively expressing** a wish to **end their life** and has considered how they might do so.



If your child has **increased** their level of self-harm and **frequency** of cutting.

If your child **stops** attending school.

If your child becomes increasingly

isolated

spending more time in their room withdrawing from peers.

When to be concerned

Whilst waiting for your appointment should you notice any of the changes listed here then follow the advice in the 'what to do if you are concerned' section.



If your child stops looking after their personal care in the way they usually do, such as by showering or changing their clothes less often.

If your child stops doing the things they used to enjoy.



Any significant changes to their sleep or eating pattern.



If your child expresses any **unusual symptoms**, such as reporting they can **hear or see things** that others cannot.

▶▶ Turn over for advice on what to do if you are concerned... ▶▶

What to do if you are concerned

If you are concerned for the immediate safety of your child, take them to your local emergency department. In extreme situations it may be necessary for you to contact the police and ambulance service.

It is important you provide us with any information that is related to a change in your child's behaviour so we can properly assess their needs.

In hours 9am - 5pm

Call a Child and Adolescent Mental Health Service (CAMHS) clinic in your area on the following numbers:

West Sussex CAMHS

Chichester01243 813405

Worthing01903 286754

Horsham.....01403 223200

Mid Sussex.....01444 472670

East Sussex CAMHS

Hailsham & Eastbourne01323 446070

Lewes & Peacehaven01273 402510

Uckfield01825 745001

Hastings.....01424 758905

Brighton & Hove01273 718680

★ Out of hours ★

5pm - 9am on weekdays and all day at weekends and on bank holidays.

- Contact the out of hours GP service.
- Attend your local A&E department.
- Helplines as listed here... ★

Useful numbers and resources

Parentline number:
0808 802 5544

Samaritans number:
116 123

Young Minds:
www.youngminds.org.uk

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