A colorful logo with text

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Who can I speak to about this?

* Their teacher
* The SENDCo, **Miss Tymon**. Please ask the office to book a meeting.
* Speak to your GP.
* Visit the website: <https://www.hdft.nhs.uk/services/childrens-services/5-19-ny/>

What is ‘Growing Healthy’?

* Growing Healthy is an emotional health and resilience team who supports children 6-19 with low-moderate level emotional health issues.
* The team includes nurses, psychological wellbeing practitioners and family health practitioners.

Why might my child be referred to Growing Healthy?

* The school, parents, medical or social care professionals may feel your child would benefit from additional support.
* They are presenting with low to moderate level emotional health issues.

What help will they get? 

* They offer face to face or virtual support.
* The team are trained to deliver evidence based 1-1 short term interventions to support a variety of needs.