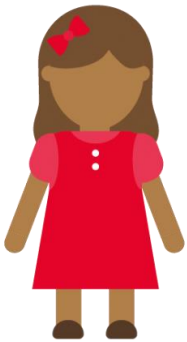


# PHEW!

## Parenting Help for Emotional Wellbeing



**“I cannot stop worrying”  
“I don’t want to go to school”  
“They don’t seem very happy”  
“They seem to be unable to cope with their emotions,  
and I don’t know how to help them”**

The Essex Child and Family Wellbeing service are offering a 30 minute virtual appointment for you to discuss your current challenges and offer strategies to best support your child or young person’s emotional wellbeing.

We can signpost you to online resources and recommend services that best support your child or young person’s needs.



Last **Wednesday** of the Month  
Appointments available throughout the day  
Please contact 0300 247 0122 Option1  
to book

Services commissioned by: