

## **CHILDREN & YOUNG PEOPLE'S MENTAL HEALTH SERVICE**

**An early intervention and prevention offer**

### **WHO DO WE SUPPORT**

- **Children & young people from 5 to 18 years, and up to 25, if they have a SEND need or are a Care Leaver**
- **Parents, carers & professionals who are worried about a child or young person's mental wellbeing**

### **WHAT WE DO**

**Offer free and confidential support for children & young people with mild to moderate mental wellbeing needs.**

### **HOW WE DO IT**

**Provide self-help resources, information & advice, 1:1 or group intervention, counselling and family based support.**

### **HOW IT WORKS**

**Help children & young people understand the issues they are struggling with, provide strategies to cope and achieve positive mental wellbeing.**



# COMPASS COVENTRY CAN SUPPORT CHILDREN & YOUNG PEOPLE WITH:

- Low mood: sadness, low motivation
- Anxiety: worries, irrational fears & concerns
- Body image
- Eating difficulties
- Bullying & peer relationships
- Family conflict
- Difficulties with managing change
- Parental divorce, separation
- Bereavement or loss
- Managing strong emotions



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