

We know how hard it can be when our young people are struggling with their mental health, supporting them can be daunting at first. Please search below for ways to help support them, remember, early support is crucial! Always seek support from your GP if problems persist or you can make a self-referral for support into the following; -

<https://kirklees-keep-in-mind.nhs.uk/> - self referrals.

[Seven ways to support children and young people who are worried | Anna Freud](#)

[Supporting children's transition to secondary school: guidance for parents and carers | Anna Freud](#)

[Home | Northorpe Hall](#)