



Is your child finding it hard to ‘bounce back’ after a difficult time?

Maybe they are having problems with their friendships, finding the pressure of school too much, or dealing with issues at home?

HeadStart’s Resilience Hub offers information, guidance, resources and ways to access support.

Visit the HeadStart Resilience Hub at:

www.headstartkent.org.uk

If you would like further advice or information; or to discuss a referral for treatment from:

- **School Public Health Service (*Primary, Adolescent and Targeted Emotional Health and Wellbeing Service*)** provided by Kent Community Health NHS Foundation Trust
- **Children & Young People’s Mental Health Service** provided by NELFT

Please contact the Kent single point of access (SPA):

0300 123 4496

(Full details about what these services offer can be found on the Headstart Resilience Hub).

