

## 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.

## 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.

## 🙋 ? 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.



## 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/>