

# School nurse sessions in Farcliffe Family Hub

## For children age 5-19 years

Initial advice and assessment for mild or low level emotional and mental health issues including basic strategies and interventions for issues such as:

<b>Self esteem</b>	
<b>Anxiety</b>	<ul style="list-style-type: none"> <li>• Avoidance</li> <li>• Defiance</li> <li>• Seeking constant reassurance</li> <li>• Excessive worries</li> <li>• Physical symptoms (such as sweating, heart palpitations or feeling shaky)</li> <li>• Panic attacks or feeling dizzy/ sick</li> <li>• Change in social interaction</li> </ul>
<b>Low Mood</b>	<ul style="list-style-type: none"> <li>• Sadness or low mood</li> <li>• Loss of interest or pleasure</li> <li>• Fatigue or low energy</li> <li>• Disturbed sleep (increased or decreased)</li> <li>• Lack of concentration</li> <li>• Low self confidence</li> <li>• Changes in appetite</li> <li>• Suicidal ideation (thoughts of but no active plans to attempt this)</li> <li>• Self-injury</li> <li>• Guilt or self-blame</li> </ul>
<b>Self Harm</b>	<ul style="list-style-type: none"> <li>• Cutting</li> <li>• Over or under eating</li> <li>• Excessive exercise</li> <li>• Self-biting, punching or head banging</li> <li>• Picking or scratching skin excessively</li> <li>• Burning skin deliberately</li> <li>• Hair pulling</li> </ul>
<b>Difficulties in managing emotions/anger</b>	<ul style="list-style-type: none"> <li>• Problems verbally expressing emotions in a calm and healthy way</li> <li>• Outward aggression may include physical behaviour towards self, others or objects</li> <li>• Inward aggression may include isolation or self-harm.</li> </ul>

**Parents and professionals can also self-refer or gain advice by calling our duty team on 01274 221203.**