

Where can I get support/help?

Worried about bullying



Debt is getting me down



Separation or loss of family member



My child has/is self-harming



Being a new parent is scary



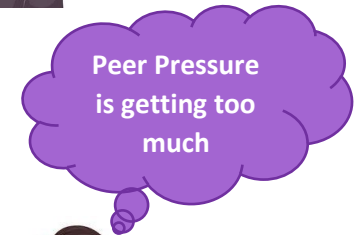
Social Media/Gaming is causing family conflict



My child(ren)'s behaviour is difficult to manage



Peer Pressure is getting too much



Early Help can be provided for all the concern's raised above and can be accessed via a CAF Assessment. Contact your school's Safeguarding Officer or SENCO. Or contact the Redbridge CAF Team on 0208 708 2613 / 0208 708 2674