

Dear parents and carers,

We are writing to you to share information on our new mental health guidance for children and young people, which offers clear and simple advice on accessing the right support at the right time.

Recent feedback has shown the challenges parents and carers have faced when navigating the different support available and understanding the requirements for each service.

In response to this, we have created new guidance to help you understand where, how and when your child can access support if they are experiencing a mental health issue, such as anxiety or difficulty managing emotions.

We have included quick guides for easy reference, links to useful resources and information on how you can access the right support and service for your child.

It's important you take care of your own mental health too, so you will also find information on how to manage your mental health whilst parenting.

To take a look at the free guidance, visit [www.portsmouth.gov.uk/SEMHguidance](http://www.portsmouth.gov.uk/SEMHguidance)

If you have any questions relating to the guidance, please contact us by email [SEMHPartnership@portsmouthcc.gov.uk](mailto:SEMHPartnership@portsmouthcc.gov.uk)

We wish you and your child a healthy and happy future.

Kind regards,

A handwritten signature in black ink, appearing to read "S Daly".

Sarah Daly  
Director of Children, Families and Education  
Portsmouth City Council

