

EMOTIONAL AND MENTAL WELLBEING IN TAMARIKI AND RANGATAHI



Learn about:

- what makes children anxious
- what to do if your child is depressed
- why bullying is harmful
- what support is available

Read about:

- signs and symptoms
- when to seek help
- where to get help for your child
- treatment and therapy

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Find out about:

- online tools to support mental wellbeing
- how to support your child
- where to get help if your child is having a mental health emergency

Understand more about:

- depression
- anxiety
- trauma
- bullying
- grief
- self harm



KidsHealth

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