



## Healthy Minds Lincolnshire

**Healthy Minds Lincolnshire provide emotional wellbeing support for children**

Emotional wellbeing is about being happy, confident and having good relationships. Evidence tells us that early intervention, when issues arise, helps to prevent mental health problems developing in the future. Healthy Minds is focused on providing children with early interventions to prevent emotional wellbeing worries escalating into mental health concerns.

Healthy Minds Lincolnshire use evidence-based interventions that promote resilience, normalise emotions and teach positive coping mechanisms

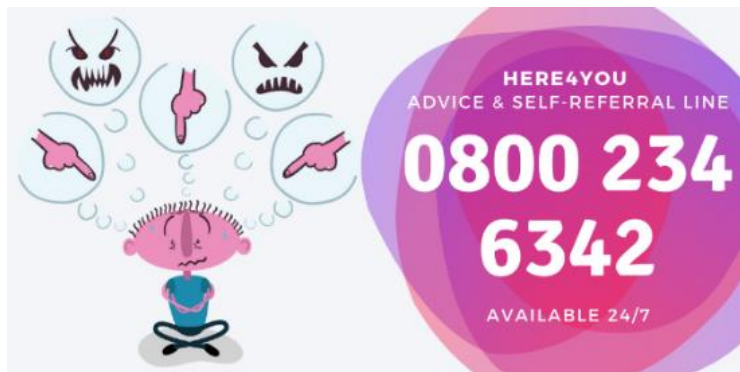
### Children & Young People

Healthy Minds Lincolnshire provide brief interventions to children and young people in the form of self help, workshops, groups and one to one sessions.

### Parents & Carers

Healthy Minds Lincolnshire offer support and advice to parents and carers, as part of your child or young person's sessions. They also offer online workshops and groups.

Call the Lincolnshire Here4You line to ask about a referral. Lines open Monday to Friday 9am to 4.45pm.



The Safeguarding Team at Haven High offer pupils, parents and their family resources, advice, signposting and referrals that promote children's safety, safeguarding and wellbeing.

Our aim is that all the children at Haven High have the best possible outcomes.

Please get in touch if you are worried about a child or would like more information.

Email [safe@havenhigh.net](mailto:safe@havenhigh.net) or call the Year Hub on 01205 311979