

Today Barnardo's launched our **brand new emotional wellbeing service** – **See, Hear, Respond**.

This service will work with children and young people in Northern Ireland who might need additional support to cope with the Covid-19 pandemic, offering practical and therapeutic support. It will also offer advice and guidance to any adults who are concerned about a child's mental health and wellbeing.

The types of issues children and young people may need support for:

- Anxiety around Covid restrictions and lockdown
- Being back at school
- Concerns for health of parents/ grandparents/ family members
- Help with isolation
- Relationships with parents & family
- Dealing with bereavement

People can **self-refer** to this service, by using the online form or by telephone (details below). They can also be referred by professionals.

Families in Northern Ireland can now self-refer for See, Hear, Respond online at <https://www.barnardos.org.uk/northern-ireland-see-hear-respond> or call 0800 157 7015 available from noon until 7pm, Monday to Friday.

Please see attached two flyers, one for children & young people and one for adults.

The aim of this service is to provide the immediate support that children and young people need, to help them overcome their challenges and prevent problems escalating to crisis level.

If you have any questions regarding the service please contact cherith.mcconnell@barnardos.org.uk.

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See, Hear, Respond

will ensure vulnerable children, young people and families who are at risk, don't slip through the cracks.

www.barnardos.org.uk/see-hear-respond

