



**Rochdale Child & Educational Psychology Service Advice Line for Parents/Carers**

**Wednesday Afternoons 1-4pm**

**01706 926400**

Do you as a parent or carer at home have concerns about your child and feel that you need someone to talk to?

Rochdale Child & Educational Psychology Service is providing a telephone helpline for any parent or carer of a child or young person between the ages of 0-25, who feel they would benefit from a discussion with a psychologist to support them with any concerns arising.

The concerns can be related to education or family life and might include:

- **Stress and Anxiety** which may be impacting on your child's ability to feel able to attend school
- **Low self-esteem**
- Conflict and **relationship** difficulties within the family
- Difficulties/anxieties related to **learning** and/or **exams**
- Concerns about **friendships, bullying** and **social isolation**
- How to best **look after yourself** so you can support your children

Your child does not already need to be open to the Child & Educational Psychology Service for advice to be provided.

Please ring our business support team on 01706 926400 anytime on a **Wednesday afternoon between 1 and 4.30pm** and ask to speak to an Educational Psychologist.

*(If the phone lines are busy, please leave a message and a member of the team will get back to you.)*