

Early help in Herefordshire

Early Help means providing support to children, young people and families when there is a need.

Often families can solve their own problems, at times they may need support. This could be a friend, professional or someone in the community. There is also an Early Help Children's Help and Advice Team (CHAT).

CHAT

If you would like to seek help, advice and guidance for your family please contact our CHAT team to speak with an experienced supporting families advisor

01432 260261

Lines are open 9:00am to 4:45pm
Monday to Friday



How can I get support from Early Help?

- Share your worry with a professional you feel comfortable talking to or call CHAT
- If support from other services or professionals is required we will talk to you about an Early Help Assessment (EHA), this could include support from **Children's Centre Services** (for families with children aged 5 or under) or **Early Help Family Support** (for families with children 0-18, or up to 25 years with SEND)

What sort of things can Early Help support with?

- Any worries you have about your child or family life such as:
- Family relationships (this may include domestic abuse or parental arguments)
- Child development and education
- Special Educational Needs and Disabilities (SEND) (support can be provided up to the age of 25)
- Young carers
- Emotional and mental health
- Challenging behaviours
- Support with budgeting and housing
- Child exploitation