

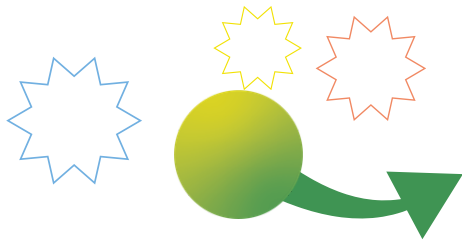
## Children and Young People's Early Support Mental Health and Wellbeing Service

### Being a parent can be hard as well as amazing.

The early years with babies, toddlers and pre-schoolers bring both joy and some challenges, and if your child is also struggling emotionally or with their mental health it can feel overwhelming.

### It may be that you are finding it tricky to cope with:

- Sleeping, eating or toileting problems
- Changes in play or social interaction
- Signs of overwhelming anxiety/being withdrawn
- Increased irritability or signs of distress
- Frequent angry or aggressive behaviour



## What Melo Can Provide

Our experienced team will work with you, your child and the wider family to access support and develop a plan that works for you.

### This may include:

- Support from a Melo Practitioner to provide practical ideas, strategies and ongoing help
- Help to access other services, information and specific support
- Therapy sessions, for example play or music
- Group/peer support
- Opportunities to access other services for those with a higher level of needs

## How Can I Get Support?

Melo has an easy referral route. You can make a referral yourself or ask a professional to do this for you.

### Referrals can be made via:

Telephone, WhatsApp, our website, email or at one of our Community drop in sessions.

An experienced Melo practitioner will work with you to find the best way we can help.

### Contact us

If you think we can help, contact us:

**Worcester 01905 673549**

**Hereford 01432 800809**

**WhatsApp 07377154731**

[cypenquiries@onside-advocacy.org.uk](mailto:cypenquiries@onside-advocacy.org.uk)  
[onside-advocacy.org.uk/melo](https://onside-advocacy.org.uk/melo)