

STEPPING STONES
creating pathway, support, cover and resilience

My child is running away, what should I do?



Traffic light: Running away

Stay alert:	Take steps:	Emergency:
My child occasionally talks about running away, what should I do?	I am not sure if my child has run away or is just late, what should I do?	My child has run away and this is out of their character or that you are worried that they may feel suicidal or vulnerable, what should I do immediately?
This can be a normal reaction when problems build up. It is ok to feel like this and your child might just need your support	Phone their friends	Phone the police and have a recent photo handy
Stay calm and ask your child if they would like to talk?	Phone your child and leave a voicemail and text and tell them that you are concerned and not angry and that if you do not hear from them, that you will need to call the police	Ask a friend or relative to be with you
Ask them what they are feeling or what happened to make them feel like it?	If they do not call back, call the police	Think of places they may go or places they have mentioned
Don't get angry, anxious or defensive, stay calm and let them know you would like to understand and help and that you do not judge them		

Based on MindEd

Stepping Stones clinic: Who we are

Stepping Stones clinic is a mental health clinic for children, young people, young adults and families. We offer a range of assessments and interventions that are all delivered by highly experienced clinicians. We have a multidisciplinary team of child psychiatrists, perinatal psychiatrists, clinical psychologists, family therapists, occupational therapists, speech therapists, child psychotherapists, dieticians as well as community paediatricians.

All our clinicians are registered with their regulatory bodies. All our interventions are

based on the latest evidence. We are regulated by CQC and contracted into all medical insurances. We provide a world-class service. We monitor progress and improvement throughout every treatment delivered to ensure high quality outcomes. We work in partnership with families and their children. Every person gets a tailor-made treatment package and we aim to offer appointments and deliver treatment as soon as they are received at a time that will suit each family.



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