

# Telephone advice line



If you have any questions or are worried about how a child or young person is managing with their:

- **Self-care tasks** for example washing, dressing, toileting or bathing
- **Play and leisure skills** for example participating in sports and hobbies
- **Nursery or school** Participation and access within the nursery or school environment
- **General mental health and wellbeing** - impacting upon their mood and motivation levels
- **Sensory preferences or differences** - impacting on their participation in everyday activities

Our Telephone Advice Line is open every Thursday from 2pm to 4pm

**Please phone: 07584 174110**

We can also be contacted via email on:

[aa.childrenyoungpeoplesoccupationaltherapyeast@aapct.scot.nhs.uk](mailto:aa.childrenyoungpeoplesoccupationaltherapyeast@aapct.scot.nhs.uk)

You can discuss your concerns with an Occupational Therapist. We can also support you to make a request for assistance to the Children and Young People's Occupational Therapy Service if required.



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