

Is It Time to Seek Support?

You don't need a crisis, and you don't need certainty. This page describes the quieter signs — in children and in adults — that suggest a conversation with a professional could help.

A useful rule: it isn't about how dramatic things look. It's about **duration** (weeks rather than days), **change** (this isn't like them / like me), and **impact** (it's affecting everyday life).

In children and young people

School mornings have become battles · they seem exhausted from holding it together all day · “fine at school” but very different at home · big reactions to small things · avoiding friends, food, sleep or activities they used to enjoy · something has changed and you can't put your finger on it.

In adults

Worry that won't switch off · sleep that doesn't refresh · irritability or tearfulness that surprises you · coping by over-working, over-checking or avoiding · feeling flat, foggy or “not myself” for weeks.

What seeking support actually means

A conversation with a clear purpose. With Dr Millward it starts with a First Step Consultation — a short checklist, then a structured 90-minute consultation, from which she writes a detailed formulation explaining the best approach for your situation — and parents are welcome to attend without their child present. Nothing happens without your agreement.

What it doesn't mean

It doesn't mean something is “wrong” with you or your child, and it doesn't commit you to anything. Understanding comes first; any next steps are decided together.

Trust your noticing. Parents and partners are usually right that something has shifted long before anyone else sees it. Asking the question early is wisdom, not overreaction.

Ready to talk it through? Begin with a First Step Consultation — 90 minutes with Dr Millward, and a written formulation that explains what is going on and exactly what she recommends. → drclairemillward.com

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