



Emotional Wellbeing and Mental Health Signposting for Parents



This document contains an overview of help available for parents here in Denmark, both locally and nationally.



Parents are always strongly encouraged to inform the school of any challenges facing their children that require external support, so we can work together with parents to support the child.



General overview of local offers available: [Socialkompasset.dk](https://socialkompasset.dk)

CONCERNS



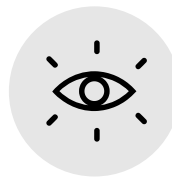
SCHOOL RELATED, SOCIAL OR ACADEMIC ISSUES

Contact?

Class teacher

How?

Via intra, or in person



PHYSICAL CONCERNS

Physical concern, including growth and development, sight, hearing

Contact?

Kirsten Gottschalck, school nurse

How?

- Office in milk corridor (Thursdays)
- Via Intra (initials: KIGH)



FAMILY OR CHILD RELATED ISSUES

Advisory service, support, or help regarding children. Contact an advisor.

Gentofte - Family and Health

Margrethevej 14, Hellerup

51 84 22 89

Gentofte - Open Anonymous Service

Free and anonymous advisory service, no referral needed.

40 43 30 12

OTHER KOMMUNER

Other kommuner have equivalent services, for example:

- **Københavns Kommune:**
Åben rådgivning og støtte | [Københavns Kommunes hjemmeside \(kk.dk\)](https://www.kk.dk)
- **Lyngby-Taarbæk:**
Åben og anonym rådgivning for forældre | [Lyngby-Taarbæk Kommune \(ltk.dk\)](https://www.ltk.dk)
- **Gladsaxe:**
Tilbud og støttende indsatser for børn, unge og familier | [gladsaxe.dk](https://www.gladsaxe.dk)



DEVELOPMENTAL DELAYS

Developmental delays, including anxiety, self-harm, eating disorders, challenges with impulsiveness, and inattentiveness

Contact?

- **School:** contact class teacher or SENCO for referral
- **Gentofte PPR** - Link: [Gentofte Kommune - Pædagogisk psykologisk rådgivning](#)



PARENT SUPPORT GROUPS

Parent support groups, including divorce, parents of children with ADHD, and ASD (in Danish). A support group in English requires a referral from Gentofte family department.

Contact?

- FCG | Frivilligt arbejde, selvhjælp og støtte til foreninger - link: [frivilligcentergentofte.dk](#)



SPEECH ISSUES

Contact?

School: Contact class teacher or Rygaards SENCO for referral:

- **Gentofte kommune:** counseling and general advice and guidance via PPR
- **Private speech therapist** who can work directly with students and assess need in English



BEREAVEMENT SUPPORT GROUP

Support for children who have lost a parent, carer, or sibling.

Contact?

- Contact your home kommune / SENCO for signposting guidance



SELF-HARM/ EATING DISORDER

Contact?

- Free Advisory service
Link: [Rådgivning | Foreningen Spiseforstyrrelser og Selvskade](#)



SPECIAL NEEDS SCREENING

Private dyslexia, ADHD, ASD screening/ assessment

Contact?

- SENCO Coordinator for contact list



NON ACUTE MENTAL HEALTH CONCERNS

Contact?

- Family GP



ACUTE MENTAL HEALTH CONCERNS

Contact?

- Psychiatric ER
Link: [Psykiatrisk Akutmodtagelse \(psykiatri-regionh.dk\)](#)



FAMILY OR CHILD RELATED ISSUES

Family or child related issues such as anxiety, grief, wellbeing, divorce, drug use, parenting challenges

Contact?

- Free and anonymous advice
Link: [ForældreTelefonen -
Børnsvilkar.dk](https://forældretelefonen-børnsvilkar.dk)



MOTOR DELAYS

Contact?

- Move to Learn via class teacher

ACTIVITIES



AFTER SCHOOL ACTIVITIES

Contact?

- Rygaards Fritidsforening
Link: [Program of activities
\(rygaardsfritid.com\)](https://rygaardsfritid.com)