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## The Experience of Being a Foster Carer

Foster carer's psychological understanding of challenging behaviour



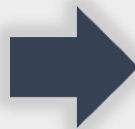
- Emotional and behavioural difficulties
- Mental health issues
- Mental health literacy

Barriers to accessing child and adolescent mental health services



- Waiting times
- Not being listened to
- Transition
- Engagement

The importance of support



- Professional support
- Peer support