



VÄSTERBOTTEN

*HLT wants to give
parents and children the
best possible support.*

This is HLT

HLT stands for Health, Learning and Safety (or Hälsa, Lärande och Trygghet in Swedish) and is a partnership between the healthcare sector, preschools/schools and social services. The aim of the partnership is to combine forces so we can rapidly provide the best possible support to children and families who find themselves in need of assistance.

Many families need a little extra support now and then to make their lives more manageable. Maybe things are not going as well as they should at preschool/school or your child is having problems with friends. Maybe there are difficulties within the family that are affecting your child.

Children reveal something is not right in different ways, like getting angry or sad, having a headache or stomachache, or showing signs of stress or anxiety. As a parent, it is easy to feel both despair and frustration that your child is not getting on well.

It is common for families to find themselves in this sort of situation from time to time. Parents often think they should be able to manage the situation themselves and have a hard time accepting help from people outside the family.

But experience shows that the earlier a family gets help, the quicker they can achieve a positive change. HLT gives you the opportunity to get the support you need in your situation.

“We want you to have the best possible time at school, at home and in your free time. And we won’t give up until we achieve that goal.”



Working as a team with your family

HLT is a partnership between the healthcare sector, preschools/schools and social services and is like a family. Together, we create a team aimed at giving you the support you need.

HLT is a group of people with a variety of skills and experience, such as specialist educators, advisors, family outreach workers, nurses or psychologists. We strive to put together the perfect team to give you and your family the best possible support.

You can talk to our team about your family's situation with peace of mind since everything discussed within HLT stays between us and you.

We will be by your side for as long as you want and your involvement with us is entirely voluntary. The aim is to create a positive change for you and your family.

*“We got someone who
listened and put us first.
They managed to give us the
strength to help our child.”*

“HLT stands for some of the most important factors during a child’s upbringing: Health, Learning and Safety.”



How participation with HLT works – step by step

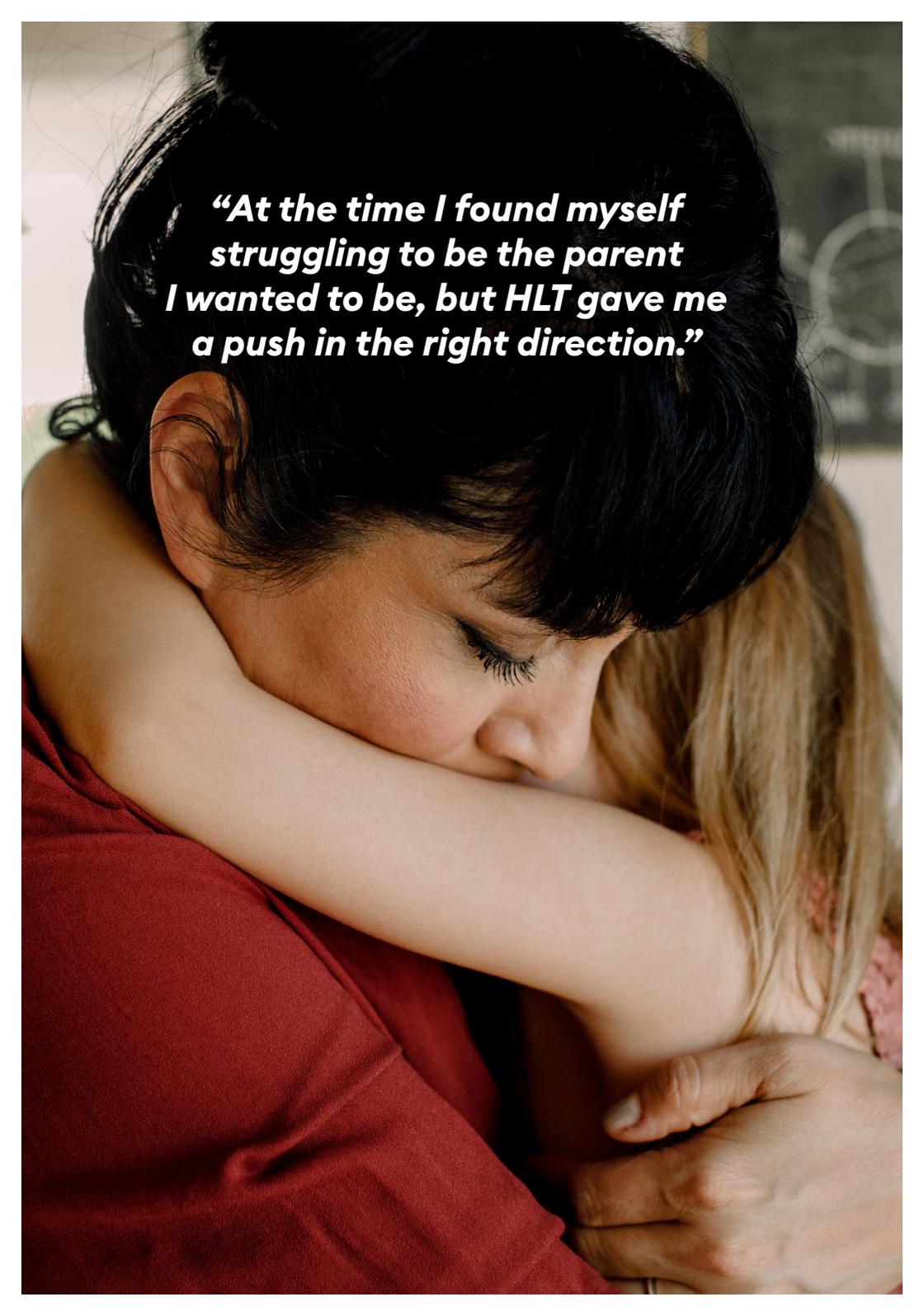
Anyone working at a preschool/ school or in healthcare or social services can engage HLT support after consulting with you first.

HLT begins with a short planning meeting to discuss what you and your family are looking for. Where a coordinated approach may be helpful, you will be invited to a meeting. At this meeting, we want you to tell us what you are having difficulties with so that together we can work out what will help you.

With HLT, it is vital that you and your child take part in planning what we are going to help you with. During the meeting, we will write up a support plan for you to approve.

The plan may include parental support, family meetings, individual adjustments, treatments or other creative solutions adapted specially for you. We then follow up on plan together to help ensure things improve.

*“With a clear plan,
we make sure nothing
falls between the cracks.”*



“At the time I found myself struggling to be the parent I wanted to be, but HLT gave me a push in the right direction.”

Feel free to get in touch:



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Health, Learning, Safety in Västerbotten is a partnership between the county's 15 municipalities and Region Västerbotten.

Municipality of Bjurnholm

Municipality of Dorotea

Municipality of Lyckelse

Municipality of Malå

Municipality of Nordmaling

Municipality of Norsjö

Municipality of Robertsfors

Municipality of Skellefteå

Municipality of Sorsele

Municipality of Storuman

Municipality of Umeå

Municipality of Vilhelmina

Municipality of Vindeln

Municipality of Vännas

Municipality of Åsele