



The Mental Health Support Team (MHST) is providing a virtual drop in service for all pupils and parents/carers on:

Date: Tuesday 7th July
9am - 5pm

Please text your name to **07813401563** and state whether you are a pupil/ parent or carer and your school name. A practitioner will contact you to take some details, explain the process and arrange a convenient time slot for your drop in session.

NB: This will be done during office hours (Mon-Fri) prior to the above date.

Please note this contact number is only available for this purpose and is not to be used in an emergency.

We can provide advice and support on:

Complete self or parental referrals into the MHST or support signposting to any other relevant services.

- Worry Management
- Low Mood
- Exam Stress
- Difficulties with emotions
- Anxiety
- Panic Management
- Coping strategies
- Sleep
- Behavioural difficulties

