



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

**Date: Tuesday 30th June
9am - 5pm**

Please text your name to **07708318312** 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 can 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:

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

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

