

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.\***

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

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We can provide advice and support on:

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