



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

**Monday 15<sup>th</sup> June 9am-5pm**

Please text your name to **07790971973** and state whether you are a pupil/ parent or carer and your school name and one of the practitioners will call you back within these hours. Please note this contact number is only available for this purpose during the above hours and 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

and support signposting to any other relevant services.