



Emotional Mental Health and Wellbeing Summer Support Workshops and Groups August and September 2019

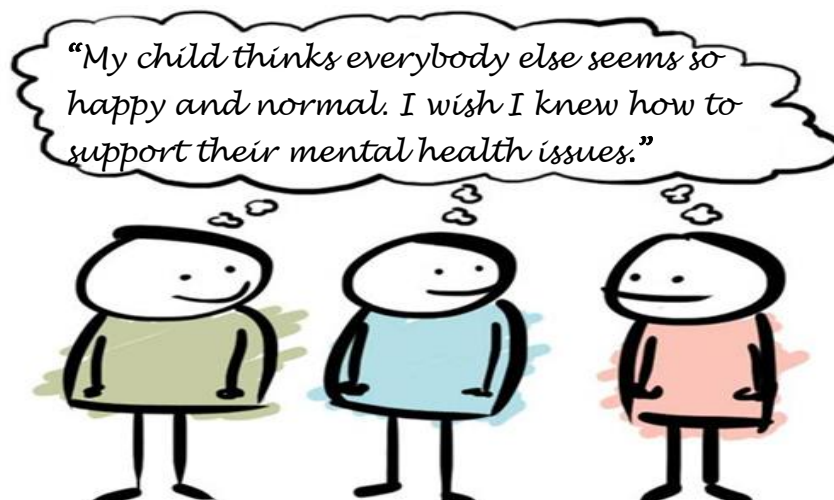


Hosted by the Schools Wellbeing Service

Our team of Primary Mental Health Workers are offering a telephone helpline and group sessions for any parents or carers who are concerned about their child’s emotional mental health and wellbeing. This is a chance to have an informal chat about any questions you may have in a safe, friendly environment.

<p>Workshop around transition to school for parent/carers and children at: Hove Town Hall Room G91</p>	<p>Tuesday 3 September, 4-6pm</p>
<p>Walk and talk session for parent/carers and children at: Stanmer Park, Brighton BN1 9PY MEET in front of the church by the pond See Google info</p>	<p>Wednesday 7 August, 2-4pm</p>
<p>Walk and talk session for parents and children at: Easthill Park MEET in front of the café Easthill Way, Portslade, Brighton BN41 2FA</p>	<p>Wednesday 21 August, 2-4pm</p>
<p>Self-harm parent/carer session for parents & carers only at: Brighton & Hove Inclusion Support Service, Brighton & Hove Music & Arts Building County Oak Avenue, Brighton, BN1 8DJ</p>	<p>Wednesday 31 July, 9:30-11am Wednesday 28 August, 9:30-11am</p>

Spaces are limited. So please call **02173 294411** or email **bhiss@brighton-hove.gov.uk** to book places for the session you would like to attend and tell us the number of people attending.



Emotional Mental Health and Wellbeing

Summer Telephone Consultation Line

Provided by the Schools Wellbeing Service



01273 293331 from 10am to 3pm Mon, Tue, Thurs

This phone line will put parents, carers and professionals in touch with a primary mental health worker who will provide advice and guidance on children and young people's emotional mental health and wellbeing. Professionals will need parental consent to discuss a named young person under 16, or can seek general advice.

For any crisis or urgent concerns please call:

Specialist CAMHS: 0300 304 0061 (office hours)

Sussex Mental Health Line: 0300 5000 101 (out of hours: 5pm-9am, weekends, bank holidays)

Useful Phone Numbers/Websites/Apps:

Childline: 0800 1111 / online chat

Samaritans: 116 123

www.findgetgive.com

www.youngminds.org.uk

Apps: Calm Harm, Smiling Mind, Stay Alive