

THE MENTAL HEALTH SUPPORT TEAM IN SCHOOLS IS OVER SUMMER!

OPEN

If your child is experiencing low mood or low level anxiety, we may be able to help. Call us on:



01283 504487*

**9am - 5pm (Monday to Thursday)
21st July - 27th August**

Leave your name and number and one of our practitioners will give you a call back to see what support we can offer.



We can help with:

- Low mood
- Anxiety
- Sleep issues
- Worry
- Panic

NHS

Follow us on:



@BurtonUtttoxMHST



mpft.nhs.uk

*Please note that this contact number is not to be used in an emergency.