

Support through the summer from the Mental Health Support Team

Wellbeing Chat Line for children
and young people

01452 895273

Support for young people with anxiety,
low mood, self harm and
similar issues.

The Young Peoples advice line is for those
aged 12yrs and over. Office hours
(Mon-Fri 9-4.40 except BH)

Parent/Carer Advice Line

01452 894300

For parents and carers of children
under 12, for support with helping
children with low mood, anxiety,
and similar issues.

The Parent Advice line is for parents/carers
with children aged 12yrs and under.
Office hours (Mon-Fri 9-4.40 except BH)

Other Support

Ticplus.org.uk

Chat Health – text a school nurse on **07507 333351**

Kooth.com

Childline.org.uk or call **0800 111**

Youngminds.org.uk

Please note, in a mental health crisis please call **0800 169 0398**.



with you, for you

working together | always improving | respectful and kind | making a difference