

Drop - in telephone session For Students

Are you feeling anxious?

•Worried •Stressed •Exam •Stress •Scared •Overwhelmed

Are you feeling low in mood?

•Sad •Unmotivated •Frustrated •Low self-esteem



Liliya



Daphine

We at H&F Mind are providing drop-in telephone sessions to help you with your mental health needs.

Give us a call and let's talk!"

How can you get help?

Each phone call last for **20 minutes**, where you have the opportunity to discuss concerns regarding your **mental wellbeing**, unpleasant thoughts and feelings you are experiencing. We'll also explore our service interventions/ what help is available.

(Language Line Telephone Interpreting Services available)

*This is not a counselling service**

How To Sign-up

1. Email dutyouthservices@hfmind.org.uk
2. In the 'subject' email line write:
"Ark BDA Secondary drop in service expression of interest"
3. Include your name and phone number
4. Select your preferred time among the times below :

Monday:

12:00pm

12:20pm

12:40pm

13:00pm

13:20pm

13:40pm