

Drop - in telephone session For Parents & Carers

Is your young person feeling anxious?

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

Is your young person 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, the parents and carers with your young person's 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 young person's **mental wellbeing**, unpleasant thoughts and feelings they 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