

# 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](http://Ticplus.org.uk)

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

[Kooth.com](http://Kooth.com)

[Childline.org.uk](http://Childline.org.uk) or call **0800 111**

[Youngminds.org.uk](http://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