

MENTAL HEALTH SUPPORT TEAM



Dear Parents & Carers,

Are you worried about your child's mental health?

We have dedicated **Mondays** to supporting you! If you would like to talk to one of the team, please contact 07525 872287 on a **Monday** between **10am-4pm**. You will then get a call back from one of the team.

Mental Health Support Team



To keep up-to-date with everything our team is up to, follow us on our Instagram and Twitter accounts. We post top-tips, motivation quotes and regular updates!





healthy minds



@BDCFT MHST