

**Mental Health and Wellbeing**

**Your child’s emotional wellbeing matters**

**Support for families over the summer – the Schools Wellbeing Service (BHISS) are offering a range of activities to support mental health and wellbeing over the summer**

**Advice Line**

**The SWS consultation line will be available throughout the summer to offer advice, guidance and just a person to talk to. We can also refer you to different activities taking place within communities to support wellbeing.**

**Please email** **SWSConsultationLine@brighton-hove.gov.uk**

**Or call 01273-293481 leaving your name, your child’s name and a contact number**

 **A Primary Mental Health Worker will call you back within 48 hours (week days only)**

**This is not a crisis line - if you require immediate support you need to contact your GP, call CAMHS duty care on 03003040061 or go direct to A&E**

**Activities for children and young people**

**Ready for School – transition workshops for parent/carers and young people. These will be virtual on 12th and 19th August**

**Preparing for school – a PMHW will provide a fun work pack and doorstep visits for young people who are feeling anxious about returning to school**

**Building my future (clay activity) - make a clay model and decorate this with the virtual support of a PMHW**

**Art therapy – an art based therapeutic group, led by PMHW’s, which takes place on a weekly basis. Every Wednesday from 12 August to 2 September. Aimed at 11-16yrs who are struggling to attend school.**

**To register for any of these activities please contact the** **SWSConsultationLine@brighton-hove.gov.uk**

**Families**

**We are offering Walk and Talk sessions on a Tuesday, Wednesday and Thursday at East Brighton Park, Preston Park, Hove Park and Victoria Park. Please contact the** **SWSConsultationLine@brighton-hove.gov.uk** **to book a place.**