

SUPPORT IN THE SUMMER



The summer holidays can mean that some of our usual support networks are out of reach e.g. friends, teachers, pastoral managers. That is why we put together a list of places that you can access support during the holidays.

Remember! Your MHST team work throughout the summer. If you usually have your appointments in school, your practitioner will discuss with you where is the best place for these to take place. This may be at a local children's centre, at your team's base, online or over the phone.

If you feel you need support with a mental health or an emotional wellbeing concern you can call Here4You on 0800 234 6342



They will talk through how you are feeling, offer advice, and explore whether any other services may be able to help. The line is open to families and professionals. Young people over the age of 13 and parents/carers can also refer to NHS mental health services by completing the online form.



The Mix is the UK's leading digital charity for under 25s, reaching over 6 million young people each year. The support is free, confidential and anonymous and can be accessed online.

For urgent mental health support, text THEMIX to 85258



The online BACP accredited mental wellbeing community for those aged 10 to 25. Get free, safe & anonymous support.

Virtual Autism Hub



There to empower autistic people and their parents/carers, working closely with community groups and service providers. They support individuals face-to-face, over the phone, and via email

CLICK ON THE IMAGES TO VISIT THE WEBSITES