

## PMHW Drop-Ins



**NHS Foundation Trust** 



Do you have concerns about a young person's mental health or need guidance on what services are available to support?

If the answer is yes, just turn up to one of the drop-ins to discuss your concerns with a Primary Mental Health Worker





Alternatively you can find more information at: www.fyidirectory.co.uk/directory/primary-mental-health-worker-drop-in

please call - 0800 121 7762 - Option 1 if you require further information

Please note drop-ins are not open on bank holidays and times may vary during school holidays.

Please check our soicial media pages for up to date infromation

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