

THE MENTAL HEALTH SUPPORT TEAM IN SCHOOLS IS **OPEN** OVER THE EASTER HOLIDAYS

If your child is experiencing low level mental health difficulties, we may be able to help. Call us on *:



East Staffs-01283 504487

**Cannock and Stafford-
01283 352113**

Tamworth-01785 301027

9am - 5pm (Monday to Friday)

3rd April-17th April

Leave your name and number and one of our practitioners will give you a call back to see what support we can offer.



We can help with:

- Low mood
- Anxiety
- Sleep issues
- Worry
- Panic

NHS



@SouthstaffsMHST



mpft.nhs.uk

*Please note that this contact number is not to be used in an emergency.