

# MENTAL HEALTH SUPPORT TEAM



Dear Parents & Carers,

Are you worried about your child's mental health during lockdown?

We wanted to let you know that we are still here to help!

We have dedicated **Mondays** to supporting you!

If you would like to talk to one of the team on a **Monday** between **10am-4pm** during lockdown, please contact 07525 872287.

You will then get a call back from one of the team.

Stay safe!

*Mental Health Support Team*

FIND US ON OUR SOCIALS:



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!

**@BDCFT\_MHST**

