

## Young People's Mental Health

Concerned about your Mental Health? Are you under 18 or concerned about someone under 18?

Advice sessions are available on-line via Attend Anywhere

Log on using the hyperlink - https://nhs.vc/HLSC/CAMHS

Enter the word "drop" as the first name and "in" as the second name followed by your date of birth. You will then enter our virtual waiting area where we will collect you.

Wed	2 <sup>nd</sup>	March	3pm - 5pm
Tues	8 <sup>th</sup>	March	1pm - 3pm
Wed	16 <sup>th</sup>	March	5pm - 7pm
Tues	22 <sup>th</sup>	March	3pm - 5pm
Wed	30 <sup>th</sup>	March	1pm - 3pm

Safe Personal Effective