



## Mental Health and Wellbeing

### Your child's emotional wellbeing matters

Support for families over the summer – the Schools Wellbeing Service (BHISS) are offering a range of activities to support mental health and wellbeing over the summer

#### Advice Line

The SWS consultation line will be available throughout the summer to offer advice, guidance and just a person to talk to. We can also refer you to different activities taking place within communities to support wellbeing.

Please email [SWSConsultationLine@brighton-hove.gov.uk](mailto:SWSConsultationLine@brighton-hove.gov.uk)

Or call 01273-293481 leaving your name, your child's name, and a contact number

A Primary Mental Health Worker will call you back within 48 hours (week days only)

This is not a crisis line - if you require immediate support you need to contact your GP, call CAMHS duty care on 03003040061 or go direct to A&E

#### Families

We are offering Walk and Talk sessions on a Monday and Thursday at East Brighton Park and Knoll Park. Please contact the [SWSConsultationLine@brighton-hove.gov.uk](mailto:SWSConsultationLine@brighton-hove.gov.uk) to book a place.

#### Activities for children and young people

Ready for School – transition workshops for parent/carers and young people. These will be virtual. Please email the SWS Consultation Line to book a place.

Creative transition group – this is an art therapy session that will be offered virtually on Wednesdays 10.00 -12.00 (for 4 weeks). This is aimed at young people who are anxious or nervous around the transition from Year 6 to Year 7.

To register for any of these activities please contact the [SWSConsultationLine@brighton-hove.gov.uk](mailto:SWSConsultationLine@brighton-hove.gov.uk)