



Dear Parents/Carers,

Do you have a child or young person at school in Brighton & Hove?

If you have any concerns about their Emotional Mental Health and Wellbeing you are invited to talk to a Primary Mental Health Worker from the Schools Wellbeing Service.

➤ Telephone consultations are available during the Half term holiday period on:

Monday 17th February

Tuesday 18th February

Wednesday 19th February

Thursday 20th February

Tel: 01273 293331

You will need to leave a message on the number above and a Primary Mental Health Worker will call you back.

**This is not a crisis number – if you require immediate support you need to contact your GP, call CAMHS duty care on 03003040061 or go direct to A&E
For information on different services available, please visit findgetgive.com**