



## Mental Health and Wellbeing Your child's emotional wellbeing matters

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

### Advice Line

The SWS consultation line will be available throughout the Easter break 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 Tuesday, Wednesday and Thursday at East Brighton Park, Preston Park, Hove Park and Victoria Park.
- Virtual Primary Parent Coffee/Tea Morning around return to school anxiety on Tuesday 13<sup>th</sup> April at 11am for an hour.
- Virtual Secondary Parent Coffee/Tea Morning around return to school anxiety on Thursday 15<sup>th</sup> April at 11am for an hour.

Please contact the [SWSConsultationLine@brighton-hove.gov.uk](mailto:SWSConsultationLine@brighton-hove.gov.uk) to book a place.