

**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 13th April at 11am for an hour.**
* **Virtual *Secondary* Parent Coffee/Tea Morning around return to school anxiety on Thursday 15th April at 11am for an hour.**

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