

THE NORTH STAFFORDSHIRE AND MOORLANDS MENTAL HEALTH SUPPORT TEAM IS IN YOUR SCHOOL!

If your child is experiencing low mood or low level anxiety, we may be able to help. Call us on:

07790971973*

9AM—5PM

Every Tuesday beginning 8th September 2020

Leave your name and number and one of our practitioners will call you back to see what support we could offer.



We can help with:

- Anxiety
- Exam stress
- Low mood
- Low level behaviour difficulties
- Panic
- Sleep difficulties



Follow us on Twitter @mhstnorth

North Staffordshire **NHS**
Combined Healthcare
NHS Trust

*Please note this contact number is not to be used in an emergency. Contact the Crisis Care Centre 0300 123 0907.