

Mental Health Support Team (MHST)

What are we offering?

- A 20 minute drop-in **wellbeing workshop** on how best to speak to children and young people about emotions and their mental health

When

20th June

Time

8:55-9:20 am

Where

- **Community room**

Who am I?

My name is Rob and I am a Mental Health Schools Practitioner and Assistant Psychologist for MIND.

I'll be working in Sir John Lillie Primary school every Tuesday.

Contact us for more information

Speak to Victoria Hall
(Designated Mental Health Lead)

Or email Rob Ferriman on
rob.ferriman@hfehmid.org.uk



Rob is in the school on
Tuesday afternoons

Minds Matter: You Matter

For better mental health visit

www.hfehmind.org.uk

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