

Support Available

April 2020

Please ensure you are letting your counsellor know how they can help you and your children.



Reminder of support available to all children and young people and their parents.

NEW: [Young Persons Support Line: 0800 0051 445](tel:08000051445)

Monday 3 p.m. - 5 p.m. - this will be expanded depending upon demand

Parent support line: 0800 0051 445

Wednesday 10.30 a.m. - 12.30 a.m. and Thursdays 5.30 p.m. - 7.30 p.m.

On-line 1-2-1 chat - Speak up Space for young people -

www.speakupspace.co.uk

Sunday 8 p.m. - 11 p.m.

Monday 5 p.m. - 8 p.m.

Tuesday 8 p.m. - 11pm

Wednesday 5 p.m. - 8 p.m.

Thursday 4 p.m. - 9 p.m.

Please let your counsellor know if you have anyone who needs support.

For any information / worries please contact Karen Thomas or Shane O'Toole

karenthomas@nsmind.org.uk

shaneotoole@nsmind.org.uk

07341 731 696

07557 851 610