



Support for children and young people's mental health in your GP surgery

Are you worried about your child or young person's emotional well-being?

Are you yourself aged 8 – 17 and in need of some support?

If so, speak to your GP to find out if getting support from one of our Children and Young People's Social Prescribing Workers is right for you.

West Sussex Mind provides:

- One-to-one appointments of up to an hour to work with you to identify solutions, tools and strategies that can help improve your emotional well-being.
- Up to six appointments after an assessment and planning session.
- Help to connect into community activities and support.
- Parents and carers can also be involved in the support.

Speak to your GP for more information

Contact our Help Point for information on other services **0300 303 5652**

