



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

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 to book a place.