Emotional Wellbeing Consultation for Young people and Parents

The MHST is now offering individual consultations and follow ups to young people and families in relation to concerns they may have about their mental health. We would be grateful if you could let your families and young people know about this new service. This is a referral free service. In order to access consultation they just need to email us directly to ccs.mhst@nhs.net and request an appointment.