



Herts & West Essex
Mental Health Support Teams

Hertfordshire Partnership
University NHS Foundation Trust **NHS**

Give Yourself a Break



Weekly coffee mornings being run throughout the summer holidays by St Albans' Mental Health Support Team

Meet us every Thursday in August 10am – 12pm at the main school reception of Marlborough Science Academy, AL1 2QA, we will collect you from there *

Would you like a chance to chat with other parents and professionals about your child's mental health and wellbeing? Each week in August we will be offering a 'give yourself a break' discussion group at The Marlborough Science Academy, St Albans.

There will be a different theme each week:

1st August - **Anxiety**

8th August - **Anger**

15th August - **Supporting resilience / transitions**

22nd August - **Managing friendships / jealousy**

29th August - **Mood and emotion regulation**

This will be an open space, so although guided by the themes above, parents/carers are welcome to come and discuss general difficulties relating their young people's wellbeing and mental health.

Parents/carers are welcome to bring their children and teenagers with them. We will have some basic activities for children during the sessions, but please be aware that staff will be there to facilitate discussions and unable to support the children's activities.

This will be a space to ask questions, discuss challenges and strategies with other parents/carers, and seek general advice and signposting regarding wellbeing and mental health.

We are also running story sessions focussing on emotional literacy, covering the above theme's at the St Albans Library over the summer, for younger children, so do come along to those as well!

St Albans MHST

The Marlborough Science Academy
Watling Street
St Albans

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* Please contact us at should you have any queries or accessibility needs you would like us to be aware of.

Please note this is not a crisis service. If you or someone you know is experiencing a mental health crisis you can call SPA on 0800 6444101. If a young person requires urgent medical treatment, they should attend A&E. You can call 111 for advice and direction regarding physical symptoms and guidance on whether to attend A&E.