

# Young People's Mental Health

**Concerned about your Mental Health?  
Are you under 18 or concerned about  
someone under 18?**

**Advice sessions are available on-line via  
Attend Anywhere**

**Log on using the hyperlink - <https://nhs.vc/HLSC/CAMHS>**

**Enter the word “drop” as the first name and “in” as the second  
name followed by your date of birth. You will then enter our virtual  
waiting area where we will collect you.**

|      |    |          |           |
|------|----|----------|-----------|
| Tues | 1  | November | 1pm - 3pm |
| Wed  | 9  | November | 3pm - 5pm |
| Wed  | 16 | November | 5pm - 7pm |
| Tues | 22 | November | 1pm - 3pm |
| Wed  | 30 | November | 3pm - 5pm |

**Safe | Personal | Effective**