



**DARLINGTON**  
MENTAL HEALTH SUPPORT TEAM

# **DROP-IN SESSIONS**

## **Darlington Mental Health Support Team (MHST)**

The MHST are running some summer drop-in sessions about different mental health difficulties and some ways you can feel better. These are for young people and parents/carers to attend.

The sessions available are:

**All about anxiety: Monday 26th July 1pm-2pm**

**All about low mood: Monday 2nd August 1pm-2pm**

**All about self-esteem: Monday 9th August 1pm-2pm**

**All about social anxiety: Monday 16th August 1pm-2pm**

Sessions will take place at:

Whessoe Parish Hall, Harrowgate Hill, Darlington,  
DL1 3AA

Places are limited so if you are interested please sign up soon by emailing us on [teww.mhstdarlington@nhs.net](mailto:teww.mhstdarlington@nhs.net) or calling 07500 799524

Please note that young people under 16 years will need to bring **one** parent/carer with them.