



MENTAL HEALTH SUPPORT TEAMS SUMMER SESSIONS

Supporting Children and their Families

Local families are invited to exciting story and art sessions, running in libraries across Nottinghamshire over the summer.

WHAT'S ON OFFER?

The sessions, run by Nottinghamshire Healthcare's Mental Health Support Teams are aimed at children aged 5-9 and plan to support mental health in a fun and engaging way.

The team will be reading some favourite stories about growing in confidence, celebrating strengths and highlighting how to keep going when facing challenges. They'll be sharing tips on how to manage feelings and making art to support wellbeing.

WHAT DO THE TEAMS DO?

Our CAMHS Mental Health Support Team, during term time, work in schools across Nottinghamshire, providing support for children, young people and families around emotional wellbeing needs, such as anxiety, low mood, managing emotions, and sleep.

You can find out the details about the library summer sessions on our website:

<https://www.nottinghamshirehealthcare.nhs.uk/camhs-mental-health-support-teams-summer-sessions>

COTGRAVE LIBRARY

Wednesday 30 July
10am-12:00

KIRBY IN ASHFIELD LIBRARY

Thursday 7 August
9am-3pm

MANSFIELD LIBRARY

Thurs 7 and Thurs 21
August 11am -2pm

BEESTON LIBRARY

Wednesday 13 August
10:30am -12:00

BINGHAM LIBRARY

Tuesday 19 August
10:30am -12:30pm

WEST BRIDGFORD LIBRARY

Wednesday 20 August
10:00am-2.00pm

We'd encourage all local families to come along to the sessions to meet our friendly team. We're really looking forward to meeting and supporting lots of children and their families in a fun way.

