



MHST

# summer DROP-INS

✓ are you 12+ and attending a Portsmouth school?

✓ do you want some advice and guidance?

✓ are you struggling with anxiety or low mood?

**Come to one of the MHST summer drop-ins for a chat!**

**If you are aged 12, please bring a parent/carer with you**

**WHEN?** 

**WHERE?** 

Friday 28th July 11:00-13:00

Paulsgrove Family Hub (PO6 3PL)

Monday 31st July 14:30-16:30

Northern Parade Family Hub (PO2 9NE)

Monday 7th August 10:00-12:00

Milton Park Family Hub (PO4 8EU)

Thursday 17th August 14:00-16:00

Somerstown Family Hub (PO5 4LP)

Monday 21st August 10:00-12:00

Buckland Family Hub (PO1 4PN)

