

Espresso

YOURSELF

**Do you need someone to talk to?
Or need some support with
managing your mental Health?**

Free Drop-In Sessions for Ages 11-17

Drop in and speak with friendly Youth Workers and NHS Mental Health Practitioners from the CAMHS Crisis team in a safe, relaxed space.

- ✓ **Support** with stress, emotions, and coping strategies
- ✓ **Free** and no booking needed
- ✓ **Friendly** non judgemental space to chill and chat

 **Fridays | 3pm – 4:45pm**

 **Southernhay Youth Centre, 16-20 Southernhay, Basildon
Town Centre**

Contact for more information
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Working together for Essex



North East London
NHS Foundation Trust