

## New Emotional Health and Resilience Virtual Drop-in Pilot

Please find attached a flyer for our new virtual drop-in from the school nursing service.

We would really appreciate if you could place this flyer on noticeboards or distribute to parents and young people.

### Who is the clinic for?

- Parents of school aged children living within North Yorkshire
- Young people living within North Yorkshire

### Who can signpost to this clinic?

- Anyone (No referral needed!)

### Why might someone attend this clinic?

- Sleep difficulties
- Anxiety
- Worry
- Low mood
- Anger
- Low level self-harm
- Low self-esteem

### What is not suitable for this clinic?

- Eating disorders
- Mental health disorders
- Children and young people who are registered with a different service (e.g. CAMHS, Compass Reach, CBT or Counselling service)

### How do parents and young people access the service?

- Scan the QR code on the flyer
- Through the Growing Healthy North Yorkshire Facebook pages
- By following this link <https://england.nhs.attendanywhere.com/service/?apikey=8e2b6e03-6f09-4aad-bfbe-2553463ffed0&nid=j6fFn5pvC>

### What equipment do they need?

- Laptop or computer with Google Chrome
- Any other device (phone, tablet) with an internet connection.

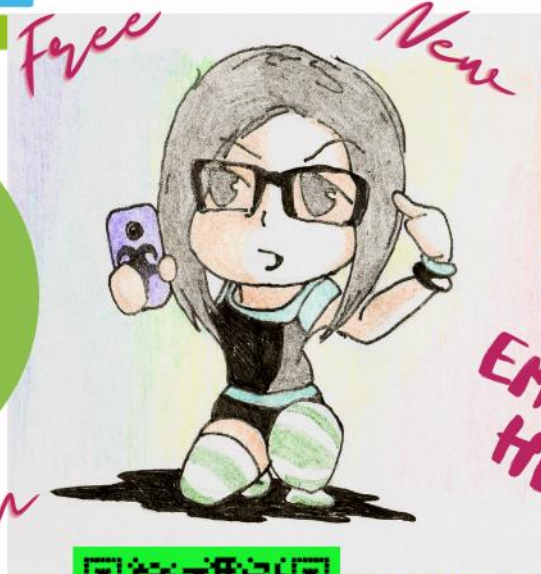
### When does it start?

- The virtual clinic will be available every Monday and Friday 10am until 6pm for an initial six week pilot from the 30<sup>th</sup> November.



# VIRTUAL CLINICS FOR PARENTS AND YOUNG PEOPLE

**MONDAY  
&  
FRIDAY  
10-6 PM**



**HEALTHY  
CHILD TEAM  
5-19**

**EMOTIONAL  
HEALTH**

*Drop In*



SCAN OR OPEN  
IN CAMERA



**NHS**  
Harrogate and District  
NHS Foundation Trust