



COFFEE



AFTERNOON

FRIDAY 9TH JUNE 2.30PM

Reflexions is a Mental Health Support Team (MHST). They are a new service to help increase access to mental health support for children and young people in schools.

Does your child need support with:

- Low mood
- Exam stress
- Problems with sleep
- Low self esteem
- Anxiety

If so, come along to our Reflexions Coffee Afternoon on Friday 9th June at 2.30pm at the Merridale School Bungalow. No need to book a place, just turn up on the day.

Find out more about the Reflexions service and how they can support your child.



Black Country Healthcare
NHS Foundation Trust

