

# MENTAL HEALTH SUPPORT FOR CHILDREN AND YOUNG PEOPLE

Children, young people and families can self-refer in for support to **#Thrive**.

**#Thrive** offer support for children and young people who are:

- feeling worried, angry or upset
- stressed about school and exams
- struggling to cope
- feeling bad about themselves
- experiencing bullying or relationship worries
- feeling a bit low and not enjoying things

## Contact

Phone: 0161 716 2844

Email: [pcn-tr.thrivehmr@nhs.net](mailto:pcn-tr.thrivehmr@nhs.net)

If you think a child or young person needs more support than **#Thrive** then you can make a professional referral to our single point of access where further support can be put in place.

Phone: 0161 856 8324

Email: [pcn-tr.hymspoa@nhs.net](mailto:pcn-tr.hymspoa@nhs.net)

HEALTHY  
YOUNG  
Minds

A CHILD AND ADOLESCENT  
MENTAL HEALTH SERVICE

#THRIVE