



We would like to invite you to an event to help us design and develop a new project: *Mental Health Support Teams in Schools*

Saturday 13<sup>th</sup> April 2019 - 12.30pm - 3.00pm

At Durham County Cricket Ground

#### **What is the event about?**

One of the things happening in children and young people's mental health services, is to provide new Mental Health Support Teams in Schools. County Durham has an opportunity to apply for some money to develop these teams. This is really exciting and we need children, young people and families in County Durham to tell us what they want and need from new mental health support services.

#### **How the event will work:**

The event will be run by a young person and a parent with experience of developing mental health services. You will get the opportunity to take part in some fun activities to help design a potential new service:

- Have your say, tell us your ideas and make a difference to future services
- Meet other young people and parents with an interest in mental health
- Snacks, sweets & refreshments available throughout to keep you going!

*When the event is finished families are welcome to stay and watch a Cricket game*

#### **Who can get involved?**

Children, young people (age 8-18 years) and their parents/carers. **Please note:** Children/young people 8-12 years must be accompanied by a parent/carer over 18. Young people over 13 years can attend without a parent/carer and parents/carers can attend without their young person.

#### **To book your place:**

Please contact Wendy by email [wendy@rollercoasterfs.co.uk](mailto:wendy@rollercoasterfs.co.uk) or telephone 07415 380 040 by Thursday 11<sup>th</sup> April.

We hope to see you there!

