

# Your Mental Health Support Team Practitioners

We can help if you  
are struggling with  
your mental health.



**The Charnwood locality team**

To be referred for support,  
speak to your teacher.

Find more support at:

[www.myselfreferral-llr.nhs.uk/](http://www.myselfreferral-llr.nhs.uk/)

<https://bit.ly/MHSTH4K>