**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 30thNovember.

