

# Health Advice Drop In for 5-19 year olds

You can go along to drop-in sessions at your local Family Hub to get advice and support for your school aged child with a member of our school health team, where you can discuss things which may be concerning you.

## Areas of support

- Managing worries, low mood, stress or anger issues
- Bullying and friendship issues
- Diet / Nutritional support
- Improving sleep
- Day and night wetting
- Behavioural concerns
- Personal hygiene
- Sexual health
- Information and signposting regarding medical conditions

**T: 0300 247 0014**

**[www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)**

**2nd & 4th Mon 3pm-4.30pm**

**Location:** Harlequin Family Hub, CM8 1NA

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**Every Tues 3pm-4.30pm**

**Location:** Carousel Family Hub, CM3 5ZX

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**Every Weds 3pm-4.30pm**

**Location:** Acorn Family Hub, Halsted, C09 1JH

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**1st, 3rd & 5th Weds**

**3pm-4.30pm**

**Location:** Silver End Family Hub. CM8 3RQ

Commissioned by