## **DAY 7 Kent Child Health**

Link: Kent child health Hashtags: #MentalHealthAwarenessWeek, #HereForYou, #KentTogether



If your child is aged 4-19 and struggling with their emotional health, you can access support from the Children and Young People's Counselling Service.

Go to <a href="https://www.kentcht.nhs.uk/school-health">www.kentcht.nhs.uk/school-health</a> or ring 0300 123 4496 for more information. #KentTogether #HereForYou #MentalHealthAwarenessWeek