

SUMMER HOLIDAY SUPPORT

BRIGHTON AND HOVE SCHOOLS MENTAL HEALTH SERVICE

All sessions need to be booked in advance. Please book at
<https://www.eventbrite.com/cc/smhs-summer-2026-4842716>

**29 JULY, 4, 12, 18,
25 AUG**

WALK AND TALK

📍 Hove, Preston or Queen's Park

Join our friendly team for a relaxed Walk and Talk session.
An opportunity to talk through questions or concerns
about your young person, with mental health
professionals

ONLINE PARENT/CARER DROP IN

Online sessions with our mental health professionals to
ask questions or discuss concerns you have about your
child or young person (age 4-18)

📍 Online

**27 JULY, 3, 10, 11,
17, AUG**

6, 13, 20 AUG

PARENT DROP IN AND PLAY FOR PARENTS OF CHILDREN AGE 4-11

Come along to Portslade Hub for a chance to chat with our
team about your children's mental health and wellbeing.
Children are welcome and will be able to play while you
speak to the team.

📍 Portslade Hub, BN41 2PG.

🕒 10.30 - 12.30

SECONDARY SCHOOL TRANSITION - ONLINE DROP INS

Online drop in sessions, available throughout the day, to talk through worries or questions about your child's transition into Year 7

📍 Online

27 AUG

TRANSITION TO SECONDARY SCHOOL - IN PERSON SESSIONS

📍 Portslade Hub, BN41 2PG.

**4, 6, 26, 28 AUG,
1 SEPT**

These sessions provide a space for young people going into Y7, 1:1, in person. Parent/Carers are also welcome. This space is designed to explore any worries or anxieties about transition to secondary school and to discuss strategies to help manage this change.

To get the most out of these sessions, young people will need to be able to discuss their worries/anxieties with a practitioner and be prepared to engage and practice the strategies explored in the session.

MANAGING THE RETURN TO SCHOOL

📍 Al Campo Lounge, 84 London Road BN1 4JF

A space for parents/carers to talk to SMHS practitioners about easing the transition to school for the new term. Bring any concerns and questions you have. Children are welcome and are the responsibility of the parent.

**5 AND 27 AUGUST
10.30 -12**

Questions? Email schoolsmentalhealthservice@brighton-hove.gov.uk