

**Are you a young person aged 5-19?**

**Or**

**Do you have concerns about the emotional wellbeing of a young person age 5-19?**



**For confidential advice and guidance, regarding young people age 5-19 yrs, please come along to your local Emotional Health and Resilience Nurse Drop in Clinic with Maryann Heads**

Please contact to arrange an appointment  
Tel 07392194326 or Email [maryann.heads@nhs.net](mailto:maryann.heads@nhs.net)

**Barnard Castle Hub**

**Bishop Auckland One Point**

3.15pm - 5pm

16<sup>th</sup> January ,  
6<sup>th</sup> February, 20<sup>th</sup> February  
5<sup>th</sup> March , 19<sup>th</sup> March  
9<sup>TH</sup> April,  
7<sup>TH</sup> May, 21<sup>st</sup> May,  
11<sup>th</sup> June,  
2<sup>nd</sup> July, 16<sup>th</sup> July

9<sup>th</sup> January, 30<sup>th</sup> January 2020  
13<sup>th</sup> February, 27<sup>th</sup> February 2020  
12<sup>th</sup> March , 26<sup>th</sup> March 2020  
23<sup>rd</sup> April 2020  
14<sup>th</sup> May 2020  
4<sup>th</sup> June, 18<sup>th</sup> June 2020  
9<sup>th</sup> July, 23<sup>rd</sup> July



**Emotional Health and Resilience  
Nurses- County Durham**

**@EHRNurses**