



If you are a young person aged 5-19 who has concerns about any of these things or you care for a young person aged 5-19 and have concerns....

Come along and speak to your Emotional Health and Resilience Nurse

Maryann Heads

at

Barnard Castle

ONE POINT HUB on Thursday 3.15pm-5.00pm

September 19th,

October 24th

November 14th, 28th

December, 12th

Bishop Auckland

ONE POINT HUB on Thursday 3.15pm-5.00pm

September 12th, 26th

October 17th

November 7th, 21st

December 5th, 19th

Telephone or E-Mail for an appointment
Dates may be cancelled due to Annual leave

Maryann.heads@nhs.net

Telephone 03000266810 / 07392194326
to arrange appointment.