

Supporting Teenagers



Online course for residents of
Solihull



'Understanding your brain (for teenagers only!)

- Have you noticed changes in your behaviour?
- Do you sleep more than you used to?
- Want to know why teenagers are more open-minded?



Your brain is changing!
Find out more!

For technical support contact:
solihull.approach@heartofengland.nhs.uk
or call 0121 296 4448 Mon-Fri, 9am-5pm

 9 Modules



Register on:
www.inourplace.co.uk
and enter the 'access code'

APPLEJACKS

to gain **FREE** (prepaid)
access where eligible

UNDERSTANDING YOUR TEENAGER'S BRAIN

Online course still
available free of charge
for Solihull parents

- Go to
www.inourplace.co.uk
- Enter the access code:
APPLEJACKS



Counselling, Mental Health & Wellbeing Service for Young People

Kooth is a web based confidential support service available to young people, providing a safe and secure means of accessing mental health and wellbeing support, and designed specifically for young people.



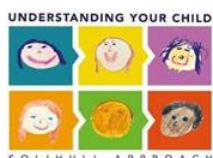
Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside of counselling young people can message the team and get support the next day.



To find out more, visit www.Kooth.com where young people can register, and others can find out more about the service.

The service is staffed by fully trained and qualified counsellors and is free to access for all 11-25 year olds, who live or go to school in Solihull or are looked after by Solihull Council or have a Solihull GP.

To book your place, or for more information, please contact the parenting team via email to bsmhft.parenting@nhs.net; by phone on 0121 301 2773; or by finding us on Facebook – Solihull Parenting Team



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES