

# MEDIA RELEASE

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## **Supporting Young People – all welcome to mental health event**

Surrey and Borders Partnership NHS Foundation Trust is holding a free event which will provide information about the support available to help young people cope with mental health and emotional difficulties.

The 'Supporting Young People' event will take place on Tuesday 24 April, 10am-1pm at Broadwater Pavilion, Guildford Rugby Club, Guildford Rd, Godalming, Surrey GU7 3DH.

The Trust, which provides mental health, learning disability and drug and alcohol services across Surrey and north east Hampshire, is inviting young people and their families, as well as members of the public, to join Governors, Trust members and staff for a morning of informative and interactive sessions.

The event will be hosted by professionals from the Trust, including members of staff from the Mindful Service, which provides emotional support to young people aged 16-25 who may otherwise be hard to reach. Colleagues from the Trust's new Youth Counselling Service and Children and Young People's Haven, an innovative drop-in service which allows young people in crisis to speak to a professional, will also be there to provide details on how they support young people.

Attendees will be able to visit a number of stands manned by local charities and organisations, including the CAMHS Youth Advisors (CYA), a group of 250 children and young people who all have experience of accessing mental health services.

If you are interested in attending please book a place through the Trust's Membership and Engagement Team:

Call: 01372 216158

Text: 07786 202 545

Email: [engage@sabp.nhs.uk](mailto:engage@sabp.nhs.uk)

**ENDS**

**Notes to editor**

**Surrey and Borders Partnership NHS Foundation Trust:**

Surrey and Borders Partnership NHS Foundation Trust is the leading provider of specialist mental health and learning disability services for people of all ages in Surrey and North East Hampshire and drug & alcohol services in Surrey, Hounslow and Brighton.

We also provide social care services for people with a learning disability in Croydon and autism assessment services across Hampshire.

Our high quality care focuses on enabling people to live well with their conditions and to work towards recovery. To do this we employ over 2,300 people across 43 sites.

[www.sabp.nhs.uk](http://www.sabp.nhs.uk)

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