

MHST Telephone Support Line



Schools are closed and things might be a bit different at the moment. When things are so uncertain it can be difficult to manage our emotions. Would you like to talk to someone about how you feel?

We're the Haringey Mental Health Support Team (MHST) and we're here to help! Call us on the number below.

Who are we? A team of Mental Health Practitioners

When? 9am-3pm Monday-Friday.

Who can contact us?

Children/ young people, parents/ carers, school staff.

How can we help? We're here to listen and support you with your worries and emotions

MHST Contact information

Tel: 0208 702 6035

Beh-tr.camhstrailblazerinbox@nhs.net

