

# HeadzUp Halton

## Young people's drop-in

Age 17 or under?

Worried about your mental health?

Want to talk to someone about your concerns?

**HeadzUp** is an informal **mental health drop-in** for children and young people in Halton.

Drop by to see us:

- Every **Wednesday** from **2.30-4.30pm** at **The Hub**, Grangeway, **Runcorn**, WA7 5HA
- Every **Friday** from **2.30-4.30pm** at **Kingsway Library**, **Widnes**, WA8 7QT

You will be able to speak to a mental health professional about your difficulties. This could be alone or you can bring someone with you if you like.

They will ask you some questions about your current difficulties. Together you will agree a plan of support and they will explain what happens next.

**For more information...**

**Tel: 01928 568 162**

**Web: [www.nwbh.nhs.uk/camhs-halton](http://www.nwbh.nhs.uk/camhs-halton)**

