

Weekly Support Schedule

Counselling.

Monday - Friday

Room - E23

Counselling 9:30am - 4pm

Drop in Service 12:30pm-1:30pm

No Limits

Fortnightly

Student Centre

12:30pm-1:30pm

MHST

Early support for young
people experiencing
mental health and
emotional wellbeing
difficulties

For bookings and referrals, please see **Debbie Finch**
in E27 or email **dfinch@itchen.ac.uk**. Your teachers
can do the referral for you too.