Summer support for families and their children in Kingston

MHST

Tellmi Digital Mental Health Support

Tellmi App

We recognise that the summer months can be a testing time for many young people. The suspension of school routines and established support networks often leads to increased isolation and limited access to professional guidance.

Please keep in mind that Tellmi remains accessible 365 days a year, providing essential assistance to students who may feel their support network is fractured during the break.

ADHD Embrace next post diagnosis free workshop:

9 September
5.30pm to 10pm
(in-person)

The link to book the group events



MHST Art making workshops (Free)

Gypsy, Romani and Traveller Families

Ukrainian families

General MHST information

MHST leaflet explaining who and what we offer

Self-referral for primary aged pupils

Self-referral for secondary school pupils

MHST website

MHST video library

achieving for children