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# Children & Young People's Out of Hours Advice Line

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Are you worried about a young person's mental health? Would it help to talk to mental health professional?

You can now access mental health advice and support outside of usual working hours by calling the *CYP Out of Hours Advice Line* on



**01244 39 7644**

This service is available  
**Monday to Friday 5 to 10pm**  
**Saturday & Sunday 12 to 8pm**

