

THE BIG DROP IN

As part of World
Mental Health Day,
we are running a
series of **FREE** drop-
ins across Hampshire.



This is an opportunity for parents/carers,
professionals or young people to come and
chat to our CAMHS clinicians, ask questions,
get advice and resources.

**Bookable slots available via our website
or just drop in.**

8 October 2026 10am - 4pm

Meriden
Shopping Centre
Havant

ETCH
Youth Club
Eastleigh

Community
Station
Bordon

Fareham
Shopping Centre
Fareham

For more information visit:

<https://hampshirecamhs.nhs.uk/events/>