

THE BIG DROP IN

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



This drop-in location
has a focus on
learning disabilities as
well as mental health

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.**

FREE

8 October 2026 10am - 4pm

Meriden Shopping Centre (old Wilko unit)
Elm Lane, Havant PO9 1UN



For more information scan the QR code or visit:

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