



Dorset  
Mental  
Health  
Support  
Team in  
Schools

**NHS**

Dorset HealthCare  
University  
NHS Foundation Trust

NEW

podcast

from Dorset MHST



Join us this World  
Mental Health Day (10th  
October) for the launch  
of Tea Talk + Teens - a  
podcast for Parents &  
carers of teens,  
teachers & school staff.

- 💡 Practical tips
- 👂 Honest chats
- 💚 Real support

Let's make mental  
health conversations  
part of everyday life.



LISTEN NOW -  
AVAILABLE FREE ON  
SPOTIFY

