

FREE PARENT WEBINARS

for supporting your secondary aged
child with mental health and wellbeing

Provided by your Mental Health Support Team

@set_camhs_nhs

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OUT MORE



Do you need help supporting your child? We offer a variety of online workshops to help you to support your child on the following topics:

- ✓ Understanding anxiety
- ✓ Understanding my low mood
- ✓ Exam stress
- ✓ Emotionally based school avoidance
- ✓ Talking to your teen about wellbeing
- ✓ Understanding autism
- ✓ Understanding ADHD
- ✓ Self-harm

Sessions will be held online during the day and evenings.

