

FREE WEBINAR

FOR PARENTS/ CARERS

of secondary aged children to support
with mental health and wellbeing.

Provided by your Mental Health Support Team

@EssexMHST_and_SETcamhs

bit.ly/4ozRciL



Coming up in March

How to Support your Child
Around Exam Anxiety
3rd March 7 pm

Understanding Low Mood
16th March 10 am

