

FREE WEBINAR

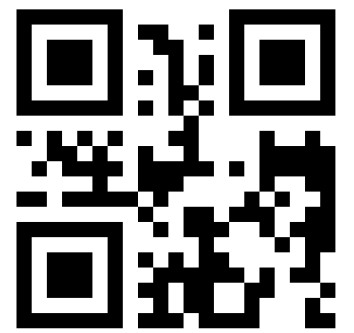
FOR PARENTS/ CARERS

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 July...

Understanding Anxiety and
Emotionally Based School Avoidance
8th July 6:30 pm

Understanding and Supporting Your
Child with Self-Harm
28th July 10 am

