

# FREE WEBINARS FOR PARENTS & CARERS

supporting your neurodivergent child  
with mental health and wellbeing

Provided by your Mental Health Support Team

@EssexMHST\_and\_SETcamhs

[bit.ly/4jtb46c](https://bit.ly/4jtb46c)



**SIGN UP**

## Coming up in August...

**Helping Neurodivergent  
Children and Young People with**

**Burnout and Masking**  
6<sup>th</sup> August 10 am

**Communication Differences**  
12<sup>th</sup> August 10 am

