

FREE WEBINAR

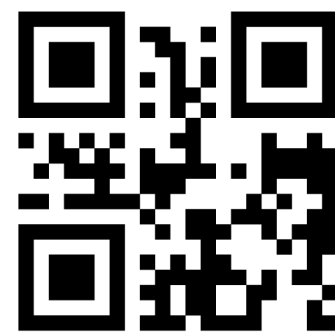
FOR PARENTS/ CARERS

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 August...

Understanding Self-Harm and
Supporting Your Child

4th August 6:30 pm

Understanding and Supporting Your
Child with Anxiety

6th August 7 pm

Understanding and Supporting Your
Child with Low Mood

10th August 10 am

