

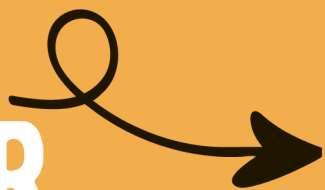
FREE ONLINE WORKSHOPS THIS SEPTEMBER FOR PARENTS AND CARERS

OF SECONDARY-AGED CHILDREN

Delivered by the Mental Health Support Team

@EssexMHST_and_SETcamhs

SCAN TO
REGISTER



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Talking to Your Teen About Mental Health and Wellbeing

15th September 7 pm

Understanding and Supporting Young People who Self-Harm

16th September 09:30 am

Understanding and Supporting Your Child with Anxiety

24th September 7 pm

Understanding Autism

28th September 09:30 am