FREE WEBINAR FOR PARENTS & CARERS

MENTAL HEALTH SUPPORT TEAM
In partnership with Young Somerset & Somerset NHS Foundation Trust

SUPPORTING YOUR CHILD'S MENTAL HEALTH & WELLBEING

Would you like to know ideas on how to support your child with their mental health & wellbeing as they grow?

IN THIS 1 HOUR WORKSHOP HOSTED BY SOMERSET'S MENTAL HEALTH SUPPORT TEAM, WE WILL EXPLORE...

- WHAT MENTAL HEALTH IS AND THE IMPORTANCE OF GOOD MENTAL HEALTH FOR CHILDREN AND YOUNG PEOPLE
- HOW TO IDENTIFY THE EARLY WARNING SIGNS OF POOR MENTAL HEALTH
- A RANGE OF STRATEGIES TO SUPPORT YOUR CHILD'S EMOTIONAL AND MENTAL WELLBEING
- WHERE AND HOW TO GET MORE SUPPORT IF NEEDED

WHEN?

20TH JANUARY 2026

10-11AM

REGISTER HERE!

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