

MHST

Mental Health Support Team



JOIN US FOR AN IN PERSON WORKSHOP
FOR PARENTS ON



Talking to my child about Mental Health



TUESDAY 24TH
FEBRUARY
17.15 - 18.30

In this workshop, we will:

- ✓ Look at some of the triggers & symptoms for mental health difficulties
- ✓ Explore the difficulties when talking to your children about mental health
- ✓ Think about how we as parents interact with our children about mental health
- ✓ Identify different ways to talk to your child about mental health
- ✓ Find out where to get support for your child's mental health

**SCAN HERE
FOR MORE INFO:**

