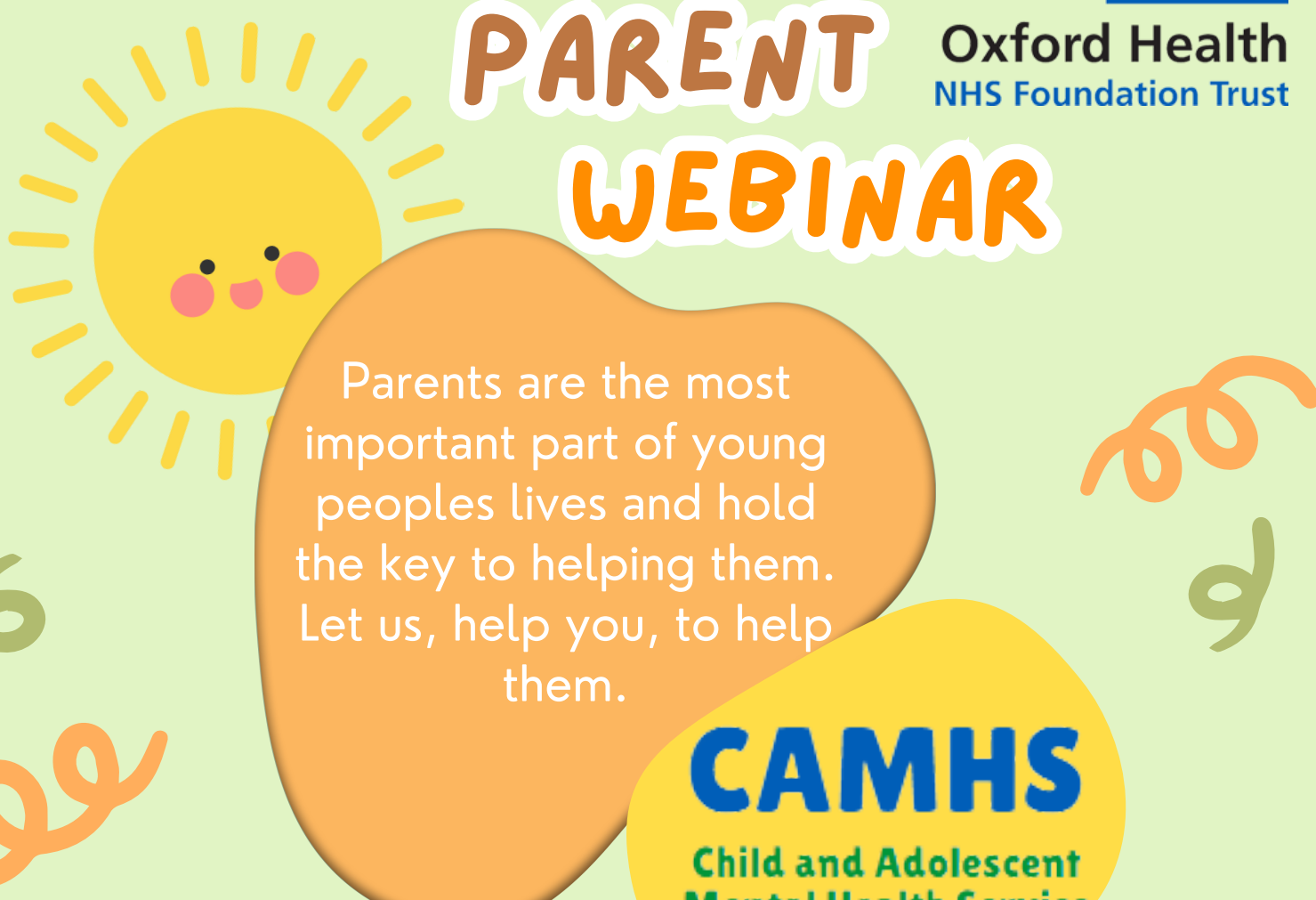


# PARENT WEBINAR



Parents are the most important part of young people's lives and hold the key to helping them. Let us, help you, to help them.

**CAMHS**

Child and Adolescent  
Mental Health Service

MENTAL HEALTH AWARENESS SESSIONS FOR  
PARENTS AND CARERS

---



## SUBJECTS INCLUDE

- TEEN ANXIETY
- SELF HARM
- LOW MOOD
- HOW TO TALK TO YOUR DISTRESSED CHILD