

Children & Young People's Mental Health Awareness Webinar(Parents/Carers Session) – Wed 17 March (19.00 – 20.30)

This session offers an introduction to children and young people's mental health and emotional wellbeing.

It will cover what mental health is, spotting early warning signs, what we can do to support young people and the Action for Happiness

The session will also look at self-care for you as parents and carers

For more information and booking click [HERE](#)