

MENTAL HEALTH SUPPORT TEAMS

Childhood Low Mood

The workshop aims to upskill parents and carers to understand low mood and depression, the signs and symptoms of this in young people, and provide some simple skills and strategies for you to take away and use to support your young person who may be struggling with their mood.

If you would like to learn more about low mood and how you can support your child (and enjoy a cuppa and biscuits!), join Libbie and Marika from the MHST at the session below.



**Wednesday 18 March
9.00am – 10.00am**

Please fill in the Google form below to confirm your attendance
[Google Form](#)