

# Understanding Young People's Mental Health for parents and carers

## Workshops for parents and carers of children and young people to help support their child's mental health.

As a parent we often find ourselves ill-equipped when it comes to dealing with, or even being aware of, our child's or young person's mental wellbeing, but help is at hand.

West Sussex Mind are running a series of friendly, confidential and relaxed workshops where we will learn about the challenges to young people's mental health, gain confidence in having conversations about how they are feeling and thinking and explore ways to help your young person with any emotional difficulties. Please see dates overleaf or on Eventbrite at [westsussexmind.eventbrite.com](https://westsussexmind.eventbrite.com)

West Sussex Mind are running these events on behalf of West Sussex County Council



Friday 6th January 11.00 a.m.-2.00 p.m.  
<https://youngpeopleswellbeing.eventbrite.co.uk>

Monday 17th January 5.00 - 8.00 p.m.  
<https://understandmh2.eventbrite.co.uk>

Thursday 20th January 6-8.30 p.m.  
<https://understandmh3.eventbrite.co.uk>

Saturday 29th January 1.30 - 4.30 p.m.  
<https://understand4.eventbrite.co.uk>

Thursday 17th February 10-1.00 p.m.  
<https://understand5.eventbrite.co.uk>

Saturday 5th February 10 - 1.00 p.m.  
<https://understand6.eventbrite.co.uk>

Thursday 17th February 5.30 - 8.30 p.m.  
<https://understand7.eventbrite.co.uk>

Thursday 3rd March 10.00 a.m.-1.00 p.m.  
<https://understand8.eventbrite.co.uk>

Monday 7th March 5.00 - 8.00 p.m.  
<https://understand9.eventbrite.co.uk>

Saturday 26th March 2022 10.00 a.m.-1.00 p.m.  
<https://understand10.eventbrite.co.uk>



### How do I book my place?

Please book a ticket via the West Sussex Mind Eventbrite page by following the link or at [www.westsussexmind.eventbrite.com](https://www.westsussexmind.eventbrite.com).

If you have any questions, please contact the West Sussex Mind Training Team on 07468 516818 or email [training@westsussexmind.org](mailto:training@westsussexmind.org).