



## Healthy Minds Team

# Everyone Worries Webinar for Parents & Carers



Thursday 22<sup>nd</sup> April 2021 via Online Webinar

Available times are 10am or 12noon, it is 1 hour session

If you are a parent or carer of a child or young person living or being educated in South Tyneside you are welcome to attend. Please contact us to book a place via:

South Tyneside Healthy Minds Team

Telephone Admin Team 0191 283 2937

Email: [stsft.mhadminteam@nhs.net](mailto:stsft.mhadminteam@nhs.net)