

# Parent/Carer Peer Support Group

Often we hear the term “mental health” but sometimes we don’t really understand what it means.

The Healthy Minds Team are hosting a session to help to “bust the myths” and you are invited to join us on:

Thursday 19th January 2023 | 16:00-17:30.

**The session will be an informal, safe environment for you to come along and learn about what we mean when we use the term mental health.**

The session will be held virtually over Teams, the link to access is: [Click here to join the meeting](#)

Should you have any difficulties accessing the link, please contact: [michelle.olsen@southtyneside.gov.uk](mailto:michelle.olsen@southtyneside.gov.uk)

**Look forward to seeing  
you there!**