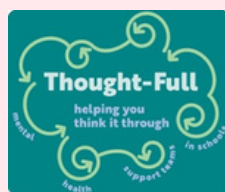




Let's Talk: Low Mood



a Parent Workshop from Thought-Full Mental Health Support Team



A session to explore low mood, what it is, how to support a young person who is low in mood and the difference between low mood and depression.



Led by Thought-Full MHST's mental health team, to further your knowledge of **low mood** and answer questions on **how best to support your child**.



Mar 20

Wednesday
20th
March



5 - 6pm



PROBLEM SOLVE TOGETHER



Attending doesn't make you a bad parent, we just want to **help you, to help them.**



SHARE QUICK WINS

We look forward to welcoming you



Future Dates:

Thurs 2nd May
Thurs 18th July



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GAIN IDEAS