

WEBINARS FOR PARENTS/CARERS

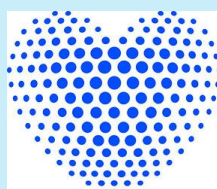
SUPPORTING CHILDREN AND YOUNG PEOPLE WITH THEIR MENTAL HEALTH



Each webinar will take place on Zoom at 10am and 7pm and will run for 90-120 minutes

FREE TO ANY
PARENT/CARER
LIVING IN
SUSSEX

- 19TH OCTOBER ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)
- 8TH NOVEMBER BUILDING SELF-ESTEEM AND RESILIENCE
- 13TH DECEMBER DEPRESSION
- 17TH JANUARY OBSESSIVE COMPULSIVE DISORDER (OCD)



SUPPORTED BY
**NHS
CHARITIES
TOGETHER**

SUPPORTED BY HEADS ON AND NHS CHARITIES TOGETHER'S COVID APPEAL

WANT TO BOOK YOUR TICKETS?

Scan here:



Or visit:

[https://ticketlab.co.uk/series/id/1081/
Sussex-CAMHS-ParentCarer-
Webinars#/](https://ticketlab.co.uk/series/id/1081/Sussex-CAMHS-ParentCarer-Webinars#/)

NEED TO GET IN TOUCH?

If you have any questions, please email: CAMHSParticipationTeam@spft.nhs.uk

Delivered by **Sussex Child & Adolescent Mental Health Services (CAMHS)**