

Understanding Children's **Mental Health**

How to identify when your child needs support with their mental health and what you can do

We know that it is sometimes hard to know what to do when your child is experiencing difficulties and to recognise what is normal everyday behaviour for your child as part of growing up or the start of a mental health difficulty.

- Me & My Mind provides a 1-hour workshop on understanding mental health and what mental health difficulties might look like for a child.
- The workshop includes strategies to help Parents and Carers to manage mental health difficulties at home.
- Including resources and activities ideas that you can do at home with your family.

Tuesday 15th February 2022, 4pm to 5pm

[Click here to book](#) or email us

Me & My Mind is a Children's Mental Health service working in your school.

We can be contacted on:

Email: mhst.info@eastsussex.gov.uk

Call: 01273 335585



A helping hand with your mental health

me & my mind

East Sussex Mental Health Support Team