

Mental Health Awareness Sessions

Resilience and emotional health and well-being is always an important element of our children and young people's overall well-being and now even more so under the Covid-19 crisis. In response to mitigating the impact of the pandemic there is an urgent need to support parents/carers and staff working with children and young people to help them navigate the challenges of life and building resilience through unprecedented times.



The AMH Menssana team are providing a webinar via zoom as a response to the Northern Area CYP/Parents survey 2020, which highlighted this need.

This session aims to:

- Raise awareness of mental & emotional health & well-being.
- Understand the signs and symptoms of mental ill-health.
- Promote self-care & resilience techniques.
- Provide signposting information to support services locally
- & regionally.

Parents / Carers

Monday 22 March, 7 - 8:30pm

Click **HERE** to register



Staff

Tuesday 23 March, 10 - 11:30am

Click **HERE** to register

