

## RECOGNISING AND UNDERSTANDING YOUR CHILD'S LOW MOOD

### Online Workshop with Ealing Mental Health Support Team



Join us on Teams for an online workshop on **Recognising and Understanding your child's low mood**. This workshop is for the parents of secondary school aged young people.

#### We will be looking at topics such as:

- What is low mood? How does this impact the young person?
- What are the symptoms?
- How I can support my child

### Who are we?

The Ealing MHST is a service designed to **support the wellbeing of children and young people in education settings**. We aim to provide evidence-based support at the earliest signs of difficulties and promote life-long positive mental health.

For more information, please contact the mental health support team on: [ealing.mhst@nhs.net](mailto:ealing.mhst@nhs.net)

### When & Where?

**Date** – Tuesday 11<sup>th</sup> July

**Time** – 4pm-5pm

**Where** – Online via Microsoft Teams

Please sign up for the workshop by [clicking this link](#).

[Please click here to join the workshop](#) on the day via Microsoft Teams. Microsoft Teams can be downloaded as a free app for phones, tablets or laptops/desktop computers. We ask that you kindly mute yourself during the presentation and then we will invite you to unmute. Feel free to add questions in the chat box as we go.

