

# WEBINARS FOR PARENTS/CARERS SUPPORTING CHILDREN AND YOUNG PEOPLE WITH THEIR MENTAL HEALTH



FREE TO ANY  
PARENT/CARER  
LIVING IN  
SUSSEX

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

**Sussex CAMHS and Partner Organisations are offering a rolling programme of webinars for parents/carers who are supporting children and young people with their mental health**

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

SCAN  
HERE



## WANT TO BOOK YOUR TICKETS?

Or visit:

<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](mailto:CAMHSParticipationTeam@spft.nhs.uk)

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