

# Mental Health Awareness and Wellbeing

## Free Virtual Workshops for Parents/Carers

The Mental Health Support Team (MHST) at Hammersmith, Fulham, Ealing and Hounslow Mind are offering workshops throughout the academic year to support parents and carers.

In this workshop we will explore what “mental health” means to you and others, why it can feel difficult to talk about mental health and what to look out for to support your whole families’ wellbeing.

We will try out some techniques and tools that you and your child can use to look after your wellbeing and boost your sense of enjoyment of life.

We will cover:



- Mental Health Awareness and Wellbeing
  - Techniques and Tools
  - Signposting and Wider Support



This workshop will be delivered on the following days/times:

- Tuesday 2nd February 2021, 10:00 – 11:00 am
- Wednesday 21st July 2021, 13:00 – 14:00 pm

If you are interested in signing up to the workshop, please follow the link below:

<https://www.eventbrite.co.uk/e/mental-health-awareness-and-wellbeing-virtual-workshop-for-parents-tickets-122409635515>