

Dear Parent/Carer

We would like to invite you to attend our "Understanding and supporting your child with Low Mood" parent workshop delivered by the Mental Health Support Team.

The workshop is being offered to all parents/carers of young people on our waiting list to access support for Low mood or Depression. It has also been more widely offered to parents of students in MHST schools in Hampshire who may feel it is beneficial.

Whilst the workshop is not mandatory, we hope that it will be of benefit to you with supporting your child while they await support.

The workshop will be mostly informative, with some optional opportunities for discussion, input and questions via the digital chat function. You will not need to have your video-camera or microphone on for the workshop. The workshop aims to upskill parents and carers to understand low mood and depression, the signs and symptoms of this in young people, and provide some simple skills and strategies for you to take away and use to support your young person who may be struggling with their mood.

The workshop will take place as follows:

Date: Tuesday April 2nd 2024

Time: 9am-10:30am

Duration: 1.5 hours

Location: Zoom Webinar, details below:

Mental Health Support Team SouthEast is inviting you to a scheduled Zoom meeting.

Topic: Parent Low Mood Workshop

Time: Apr 2, 2024 09:00 AM London

Join Zoom Meeting

<https://spft-nhs-uk.zoom.us/j/94454415114?pwd=ZjNDNVZmb1orVTdaS3ZZcTBJQWd3UT09>

Meeting ID: 944 5441 5114

Passcode: 790525

Your sincerely,

The Mental Health Support Team