

# Low Mood/Depression

## Understanding and Supporting your child.

### 2024-2025 Online Workshops

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.

Date	Time	Zoom link
Wednesday 05/03/2025	1pm- 2:30pm	<a href="https://eu01web.zoom.us/j/65483889716?pwd=PshZWoFlmbIfb81akVT5Su1hTe4goY.1">https://eu01web.zoom.us/j/65483889716?pwd=PshZWoFlmbIfb81akVT5Su1hTe4goY.1</a>

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.

