

# MENTAL HEALTH SUPPORT TEAMS

## *Childhood Low Mood*

*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 Mental Health Support Team (MHST) are a team of mental health specialists supporting young people through Cognitive Behaviour Therapy. If you would like to learn more about low mood and how you can support your child, join Libbie and Marika from the MHST at the session below.*



2<sup>nd</sup> of April 2025 at 9am

Springwood School

Please let the organiser know if you will be attending the session.