



Tuesday 3<sup>rd</sup> November

### **Mental Health Awareness Workshops**

Dear Parent/Carer,

Richmond Borough Mind has designed two free online workshops to help support parents in understanding mental health difficulties in young people and to give you tools and strategies to help manage your child's mental health.

Parents' Workshop 1 - Mental health awareness for parents - Tuesday 17th November or Tuesday 24th November at 7pm

In this workshop parents will learn more about mental health and recognize the symptoms of mental health issues. You will also learn about some of the contributing factors to a child developing mental health difficulties as well as finding places and resources that can provide support and advice. Topics covered include:

- Learn more about mental health
- Recognize the signs and symptoms of mental health issues including spotting the potential warning signs
- Learn about some of the contributing factors to a child developing mental health difficulties
- Understand some of the issues in Richmond including why we have the worst youth wellbeing scores in London
- Look at the contributing factors that can lead to poor mental health
- Have a closer look at the types of mental health issues
- Focus on anxiety and how you can support a child with anxiety
- Depression – the signs and how you can support someone with depression
- Psychosis – from drug induced to schizophrenia
- Personality disorders and the resulting behaviours
- Find places and resources that can provide support and advice

To book your tickets for Workshop 1 please use this link:

<https://www.eventbrite.co.uk/e/parents-workshop-1-mental-health-awareness-for-parents-tickets-126807766443>

Parents' Workshop 2 - Managing mental health difficulties for parents - Thursday 19th November and Thursday 26th November at 7pm

A workshop that will help parents improve communication with their child and support them to build mental health resilience. It will aid you to develop your own toolkit and support resources as well as help you to recognize the importance of your own wellbeing.



Topics include:

- Improving communication with your child including what are the communication blockers and how to listen actively
- Examine the pressures on young people
- Understanding self-harm and how to manage it
- What underlies eating disorders
- Managing aggression
- Real life case study
- Supporting recovery
- Support young people to build resilience
- Understand the need for boundaries
- Developing your own toolkit and support resources
- Recognize the importance of your own wellbeing
- Where to get support

To book your tickets for Workshop 2 please use this link:

<https://www.eventbrite.co.uk/e/parents-workshop-2-managing-mental-health-difficulties-in-children-tickets-126811497603>

Thank you,

Karen Ali

Schools Liaison Co-ordinator  
Richmond Borough Mind