

RURAL REACH



Understanding & strategies to
support young people's mental health

*Tickets £5
Tea and
coffee
included*

**The day will cover 5 individual sessions
suitable for parents, carers and professionals.**

- Understanding adolescent mental health
- Anxiety
- Low Mood
- Emotionally based school avoidance
- 8 skills to support a young person

Discretionary tickets available to families on request.

9.30am - 4.30pm

22 September Bordon (FREE - Funded by WBCT)

21 October New Milton

22 October Fareham



For more information scan the QR code or visit:

<https://hampshirecamhs.nhs.uk/events/>