

action
mental
health

healthy
me

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Healthy Me "Open" Zoom Session for Parents & Carers

With mental health concerns rising in our children, it has never been more important to provide parents & carers with the knowledge and skills to help their children build resilience and positive mental health & well-being as well as remembering to look after themselves.

In conjunction with the Mindwise Family Wellness Project, Action Mental Health MensSana is offering a free 'Open' zoom session based on our 'Healthy Me' programme for all parents/carers of children aged 5-11yrs in the Western & Southern Trust areas.

The aim of this session is to:

- Understand what mental health is and the importance of looking after our mental health
- Identify signs and symptoms of mental ill health
- Provide practical self-care & resilience techniques
- Signpost to support services/apps available both locally and regionally

The session will be held on **Thursday 25th March 2021, 8:00pm – 9:30pm**

If you wish to attend, please register [HERE](#) where more details are available.

