

Mental Health

bite size sessions

We are running a whole week of bitesized workshops to support Hampshire CAMHS Mental Health Focus Week. These are one hour sessions.

Sessions include:

- Introduction to mental health
- Introduction to anxiety
- Introduction to low mood
- Tics & Tourettes
- Supporting your child to transition to a new school
- Sleep hygiene
- Teenage turmoil
- Trauma
- Understanding suicidal language in children and young people and how to support them
- Supporting parents to manage children's anxieties
- Emotionally based school avoidance
- Exam stress



8-12 September 2025

United Reform Church Hall
Jewry Street, Winchester, SO23 8RZ



For more information scan the QR code or visit:

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

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8-12 September 2025

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Time	Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th
9.30am - 10.30am	Introduction to mental health	Supporting your child to transition to a new school	Introduction to mental health		Supporting parents to manage children's anxieties
11am - 12 midday	Introduction to anxiety	Sleep hygiene	Trauma		Exam stress
12.30pm - 1.30pm	Introduction to low mood	Understanding suicidal language in children and young people and how to support them	Sleep hygiene		Understanding suicidal language in children and young people and how to support them
2pm - 3pm	Tics & Tourettes	Teenage turmoil	Supporting parents to manage children's anxieties	Emotionally based school avoidance	Introduction to low mood

Part of Hampshire CAMHS Mental Health Focus Week