

Parent/Carer Online Training for Children's Mental Health



Provided by Young Minds Matter

Easy to use online mental health training aiming to increase understanding and build confidence when supporting children and young people!

Learn about common mental health topics such as:

Anxiety

What is Mental Health?

Low Mood/Depression

Self-harm

Health Anxiety

Social Anxiety

ADHD

Autism

Access online at:

www.lpft.nhs.uk/young-people/north-east-lincolnshire/home

