

## Mental Health Awareness Sessions

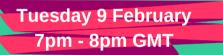
## For Parents and Carers

Are you the parent/carer of a teenager or young adult? Action Mental Health are running a program tailored just for you!





The Menssana team are providing a **1 hour webinar via zoom** specifically aimed at parents and carers of children of post-primary age.



## <u>This session aims to:</u>

- Start a conversation about mental health
- Raise awareness of signs/symptoms of mental ill-health
- Teach self-care techniques for building resilience and confidence
- Show you how and where to access support and further information

Interested in attending? Please register HERE via Eventbrite

