



Calling all Parents & Carers of Primary School Children!

Action Mental Health are running a Healthy Me programme tailored just for you!



19th October 2021, 7pm - 8.30pm on Zoom

If you are interested in attending please register [HERE](#) where further details are also available.

The programme aims to:

- ✓ 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

