

Healthy Me Session

For Parents, Carers and Staff

Are you the parent/carers or staff member of a child in primary school? Action Mental Health are running a program tailored just for you!



The Menssana team are providing a 1.5 hour webinar via zoom specifically aimed at parents, carers and staff of children of primary age.

This session 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 and further information

PARENTS / CARERS

Wednesday 9 June, 7-8:30pm

Click [HERE](#) to register*



STAFF

Wednesday 9 June, 3-4:30pm

Click [HERE](#) to register*



*Registration is password protected. Enter password: AMH1963