

Thursday 23rd February 2023

CAMHS Workshop

Dear parents/carers,

Following the success of our last CAMHS workshop, we would like to host a second workshop on **Thursday 23rd March**.

CAMHS stands for Child and Adolescent Mental Health Services and is the name for the NHS services that assess and treat young people with emotional, behavioural or mental health difficulties.

We will be joined by both Aidan and Charlotte from CAMHS.

This will start at **2.15pm and run until 4pm**.

From 2.15pm - 3.10pm, the session will be held for parents/carers. It will offer you the opportunity to talk and ask questions, whilst enjoying a brew and biscuit!

Aidan and Charlotte will also discuss tips and techniques to support children's mental health and wellbeing, including emotional regulation, sleep, refusal and anxiety.

From 3.15pm - 4pm, you are welcome to bring your child/children to the session to complete activities set up by Aidan and Charlotte.

You are all welcome to join for the full session or for part of the session.

Our Mental Health and Wellbeing Champions will be on hand to greet you at the **main reception and take you to the hall**. They will also share their important role within the academy.

As an indication of numbers (and so we have enough biscuits to go around!), please could you fill in the **Google form** below if you are hoping to join us.

<https://forms.gle/vWko6PogkPPxS2UP9>

We look forward to you joining us.

Miss Cleasby
Vice Principal and Mental Health Lead