



CAMHS Training Programme for Parents & Carers

The workshops are delivered live via Microsoft teams and **free of charge** for all parents and carers in Teesside (child does not need to be open to CAMHS)

Available sessions include:

- Understanding **Anxiety**
- Understanding **Emotional Wellbeing**
- Understanding **Eating Disorders**
- Understanding **Self-harm**
- Understanding **ASD**
- Understanding **ADHD**
- Understanding **Sleep**



Visit our webpage www.TEUV.nhs.uk/CAMHSTraining
for dates and details of all training we provide

To access the CAMHS parents and carers workshops, please contact:
TEUV.CAMHS-Training@nhs.net And provide the following information:

- Which workshop(s) and date you would like to access
- Which locality you live
- Your name
- Email address
- The school(s) your child(ren) attend
- Age(s) of your child(ren)

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