

8 - 12 September 2025

# Mental Health Focus Week



A week of training days for Parent/Carers and Professionals provided by Hampshire CAMHS on a variety of subjects.

- 8th Eating Disorders and Difficulties
- 9th Anxiety - understanding and strategies to support young people
- 10th Trauma - The profound impact on young people
- 11th Understanding ADHD
- 12th Embracing Autism

All  
sessions  
9.30am  
- 3.30pm

All  
training  
days are  
£20

## Mental Health

bite size sessions

All  
bite size  
sessions  
are £5



We are also running a whole week of bitesized workshops to run alongside these days. The sessions all last one hour and cover topics including: Introduction to mental health, anxiety, low mood, sleep hygiene, trauma and much more.

**8 - 12 September 2025**

United Reform Church Jewry Street, Winchester, SO23 8RZ

For more information scan the QR codes or visit:

<https://hampshirecamhs.nhs.uk/events/>

# Mental Health

bite size sessions

8-12 September 2025

United Reform Church Hall  
Jewry Street, Winchester, SO23 8RZ

Time	Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th
9.30am - 10.30am	<b>Introduction to mental health</b>	<b>Supporting your child to transition to a new school</b>	<b>Introduction to mental health</b>	tbc	<b>Supporting parents to manage children's anxieties</b>
11am - 12 midday	<b>Introduction to anxiety</b>	<b>Sleep hygiene</b>	<b>Trauma</b>	tbc	<b>Exam stress</b>
12.30pm - 1.30pm	<b>Introduction to low mood</b>	<b>Understanding suicidal language in children and young people and how to support them</b>	<b>Sleep hygiene</b>	tbc	<b>Understanding suicidal language in children and young people and how to support them</b>
2pm - 3pm	<b>Tics &amp; Tourettes</b>	<b>Teenage turmoil</b>	<b>Supporting parents to manage children's anxieties</b>	<b>Emotionally based school avoidance</b>	<b>Introduction to low mood</b>

All bite size sessions are £5

Part of Hampshire CAMHS Mental Health Focus Week