

Thrive Workshop

Mental Health Support Team, Wirral
CAMHS

- Does your child struggle with anxiety or low mood?
- Do you want to help them build resilience?



Mental Health Support Team in schools (Wirral CAMHS) are providing workshops to give parents a general overview about mental health in children and gives them some guidance about how to help their child build resilience.

The workshops are delivered face to face and are 1 hour long

To find out more, ask The Mental Health Lead from your child's school and they will let you know when the next workshop is available for you to attend



Helping people to be
the best they can be

**Mental Health Support
Team in schools
Wirral CAMHS**