

# Healthy Me Session

## *For Parents and Carers*

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



The Menssana and OUR Generation teams are providing a **1 hour webinar via zoom** specifically aimed at parents and carers of children of primary age.

**Thursday 11th March**

**7pm - 8pm GMT**

### 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

Interested in attending? Please register **HERE** via Eventbrite



action  
mental  
health