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November 2024

Dear Parent/Guardian

Re: Teenage Wellbeing and Mental Health Support – Thursday 5 December 2024
Venue: School Hall @ 6pm

COVID has impacted greatly on the mental health of our young people and this has only served to increase the rate in which mental health concerns have grown. This evening is a must for any parent seeking to know more about how to help and support their child with their mental health and wellbeing.

I am delighted to invite you to a Parent Information Evening being hosted by a representative from CAMHS titled 'Teenage Wellbeing and Mental Health Support'. This event will take place on Thursday 5 December 2024 and is suitable for all parents.

Helen Dove works in Hampshire CAMHS with a variety of projects that seek to support young people, parents/carers and professionals. The focus is on early help, self-help, health promotion, and developing the service to be the best it can. Helen will spend some time walking us through their hugely helpful website to show the resources that are available and accessible for all. She will also share the variety of resources that are available and update on the latest projects that will be of use and interest to many.

The evening will begin at 6.00pm in the School Hall.

If you would like to attend this session then please register your interest using the link below to visit the Eventbrite page: [HERE](#)

We look forward to welcoming as many parents as possible to what we hope will be a helpful and informative evening.

Yours sincerely

Mrs K Thomas
Assistant Head

