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Understanding Young People's Mental Health - Workshops to Support Parents/Carers

Dear Parents and Carers

West Sussex Mind are running a number of virtual workshops between November 2022 and March 2023 on 'Understanding Young People's Mental Health'.

The key aims of each session are to explore the common mental health issues that young people face and provide practical information and support.

More information and booking links for the events can be found on Collyer's [Student Support Information & Resources Platform](#) for parents and carers.

Kind regards

Helen Mayer-Dean

Director of Student Support