FREE ONLINE WORKSHOPS

FOR PARENTS AND CARERS

OF NEURODIVERGENT CHILDREN AND YOUNG PEOPLE

Delivered by the Mental Health Support Team
@EssexMHST_and_SETcamhs

SCAN TO REGISTER

bit.ly/4jtb46c



Burnout and Masking
10th November 9:30 am

Sensory Differences
16th November 9:30 am

Striving to provide the best care by the best people

MENTAL HEALTH SUPPORT TEAM ESSEX

NHS North East London NHS Foundation Trust