

8 - 12 September 2025

Mental Health Focus Week



A week of training days for Parent/Carers and Professionals provided by Hampshire CAMHS on a variety of subjects.

8th Eating Disorders and Difficulties

9th Anxiety - understanding and strategies to support young people

10th Trauma - The profound impact on young people

11th Understanding ADHD

12th Embracing Autism

All
sessions
9.30am
- 3.30pm

All
training
days are
£20

Mental Health

bite size sessions

All
bite size
sessions
are £5



We are also running a whole week of bitesized workshops to run alongside these days. The sessions all last one hour and cover topics including: Introduction to mental health, anxiety, low mood, sleep hygiene, trauma and much more.

8 - 12 September 2025

United Reform Church Jewry Street, Winchester, SO23 8RZ

For more information scan the QR codes or visit:

<https://hampshirecamhs.nhs.uk/events/>

Mental Health

bite size sessions

8-12 September 2025

United Reform Church Hall
Jewry Street, Winchester, SO23 8RZ

Time	Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th
9.30am - 10.30am	Introduction to mental health	Supporting your child to transition to a new school	Introduction to mental health	tbc	Supporting parents to manage children's anxieties
11am - 12 midday	Introduction to anxiety	Sleep hygiene	Trauma	tbc	Exam stress
12.30pm - 1.30pm	Introduction to low mood	Understanding suicidal language in children and young people and how to support them	Sleep hygiene	tbc	Understanding suicidal language in children and young people and how to support them
2pm - 3pm	Tics & Tourettes	Teenage turmoil	Supporting parents to manage children's anxieties	Emotionally based school avoidance	Introduction to low mood

All bite size sessions are £5

Part of Hampshire CAMHS Mental Health Focus Week