

## Are you worried about your Child's Mental Health or Wellbeing?

The Child and Adolescent Mental Health Service (CAMHS) have a team dedicated to supporting schools around mental health and wellbeing and we have arranged a "virtual Coffee Morning" over Zoom. This is a session where CAMHS Practitioners will be online to answer any worries or questions you might have.

This is a session open to everyone so it won't be a confidential space and we won't be accepting referrals to CAMHS but we will listen to what is going on for you all and offer any advice and support we can, or you can just have a chat if that's what you need.

(You need to provide your own tea and cake though!)

If you would like to access this, we have 2 sessions available;  
**Wednesday 27<sup>th</sup> January 11am-12pm and**  
**Thursday 28<sup>th</sup> January 5pm- 6pm**

It is a drop in session so you do not need to be there at the start, you can log in any time and you can keep cameras off if you prefer.

You will need to open up via this web address;

<https://us02web.zoom.us/j/8183141111?pwd=ZU5Xb1ZmRFJENCtHaURvamxmak9lUT09>

Or in the Zoom app using these log in details

Meeting ID: 818 314 1111

Passcode: camhs