

Parent Webinar

Peer Support in Schools and Mental Health Awareness



As part of Buckinghamshire Mind's Peer Support in Schools program, we are hosting a mental health awareness webinar for parents. This session will cover:

- A brief overview of Buckinghamshire Mind and the Peer Support Service
- Ways to start the conversation around mental health
- Tips on maintaining good wellbeing for you & your children
- Signposting information to local organisations
- Ideas on how to talk to young people about mental health
- A safe space to ask questions

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Wednesday 15th November – 18:00pm

[Use this link to sign up.](#)

