

## **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

Parent Webinar – Same Webinar Available on Both Dates

Wednesday 6<sup>th</sup> November – 18:00pm

[Sign up here.](#)

Monday 11<sup>th</sup> November – 18:00pm

[Sign up here.](#)

