

SUPPORTING ADOLESCENT WITH LOW MOOD

This workshop aims to help parents understand how low mood presents, what factors may be maintaining this presentation, the relationship between low mood and sleep, and strategies on how parents can support their adolescents.

Suitable for Years 8, year 9, year 10 parents.

To attend this workshop parents are requested to register using the below link:

Parent registration link:

[MHST PARENT REGISTRATION FORM SUPPORTING ADOLESCENTS WITH LOW MOOD- ONLINE – Fill in form](#)

Alternatively, you can scan the QR code to register



Once you have registered, we will send you the MS teams link to join the workshop online.



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Promoting hope & wellbeing **together**