

Low Mood, Self-Harm & Suicide

Tuesday 10th December 2019

We are pleased to announce the third session as part of the Child & Adolescent Emotional Wellbeing Programme which is being run by Bedfordshire CAMHS

When: Tuesday 10th December 2019
Time: 6 - 8.30pm (arrival from 5.45pm)
Where: King's House, 245 Ampthill Rd, Bedford MK42 9AZ

Who can attend?

- ⇒ Any parent or carer who has a child registered at a Bedfordshire GP
 - ⇒ You do NOT need to be accessing CAMHS
 - ⇒ Siblings & family members over the age of 18

In this session we will focus on low mood, self-harm and suicide to enable you to find ways to support the children and young people in your life. We will cover both signs & symptoms as well as strategies to help manage these difficulties



How can I book tickets?

Tickets are free and are available online from [Eventbrite](#). You can also scan the QR code on your smartphone for access to the website.

Where can I find more information?



@EastLondonNHSFoundationTrust



@camhs wellbeing1

www.

www.camhs.elft.nhs.uk



www.eventbrite.co.uk