A helping hand with your mental health
me & my mind
East Sussex Mental Health Support Team

ME & MY MIND, MENTAL HEALTH SUPPORT TEAM



Supporting your child to tame their worries and manage uncertainty.

In this session, we will share information about children's mental health and wellbeing and ideas for supporting them.

We aim to make these sessions as informal and comfortable for you as possible. There is no pressure for you to share anything about yourself or your family.





Booking Information

Please use this booking form to book your space by clicking this link or scanning the QR code

Parent & Carer Booking Form

INFORMATION

23rd November 2026

9-10:30

Cradle Hill Primary School

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EDUCATION EAST SUSSEX
TOGETHER FOR EXCELLENCE AND INCLUSION

East Sussex County Council