

Child Mental Health and Wellbeing Coffee Morning

Monday 9th February 9am at St Andrew's CE Infant School

Are you concerned about your child's mental wellbeing?

Does your child struggle with:

- worry
- low mood
- panic attacks
- social anxiety
- separation anxiety
- sleep problems
- hygiene
- emotional based school avoidance
- superficial self-harm

or do you have any other concerns?

Attend our coffee morning with Sam from the Mental Health Support Team, Mrs. Brearley and Mrs. Wood

We are here to discuss and support you and your child's needs.

