



Atlantic Academy Portland

an Aspirations Academy

Miss Heppell - Principal of Primary
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Maritime House
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Dear Parents / Carers and students

Enhanced Webinar- Understanding Young People's Mental Health

Ahead of World Mental Health Day on 10th October we wanted to share with you an opportunity that has just come to our attention and is open to parents, carers and supporters of our young people in the very near future.

Your role in your child's welfare has never been so important and with this in mind we wanted to draw your attention to the free online course run by the Discovery Project through Dorset Healthcare, details below.

'UNDERSTANDING YOUNG PEOPLE'S MENTAL HEALTH'

A webinar for **parents, carers and supporters** of young people

Dates

- When? **29/09/2022 from 7.00pm to 8:30pm**
Where? **Online - Enhanced Webinar**
- When? **20/10/2022 from 11.00am to 12.30pm**
Where? **Online - Enhanced Webinar**
- When? **08/12/2022 from 11.00am to 12.30pm**
Where? **Online - Enhanced Webinar**



TO ENROL AND BOOK:
CONTACT THE RECOVERY
EDUCATION CENTRE VIA

01202 584478

WEBSITE

PHONE



Discovery
Project



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'UNDERSTANDING YOUNG PEOPLE'S MENTAL HEALTH'

A webinar for **parents, carers** and **supporters** of young people

Are you interested in learning more about:

- MENTAL HEALTH
- SUPPORT FOR FOR PARENTS, CARERS
- WHAT RECOVERY MEANS TO YOUNG PEOPLE
- CHALLENGES YOUNG PEOPLE FACE
- WELLBEING

This free course is aimed at parents, carers and supporters of young people in Dorset. It aims to share and explore an understanding on mental health, challenges faced by young people, what recovery means to them and explore how supporting a young person can effect our own wellbeing, ways to look after ourselves, and discuss the support that is available.



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We hope that this will be helpful to many, so if you are interested be sure to sign up soon as the first course is scheduled for tonight, the 29th September 2022.

Further useful contacts for emotional needs include:

-www.kooth.com

-Mind Infoline: 0300 123 3393 info@mind.org.uk

-Charlie Waller memorial trust www.cwmt.org.uk

-Samaritans 116 123 (24 hours a day, free to call)

We hope that to those who need support that these contacts will prove invaluable.

Yours faithfully

Tasha Board

Assistant Principal

