



Low Mood WEBINARS!

Join Reflexions online free webinars to learn more about low mood and how to recognise the symptoms in yourself or your child!

Tuesday 27th May

Low Mood - Children 11+

10:00am - 11:00am

Via MS Teams

Wednesday 28th May

Recognising low mood in your child

10:00am - 11:00am

Via MS Teams

Recognising low mood in your child

3:00pm - 4:00pm

Via MS Teams

Low Mood - Children 11+

3:00pm - 4:00pm

Via MS Teams



Aims of the sessions

- To recognise what low mood symptoms look like.
- To recognise when someone/child is feeling low in mood.
- To learn strategies to help you to manage/support symptoms related to low mood.

For additional information or brief sign up form to register your attendance for these events, please email bchft.reflexions@nhs.net