

Parent & Carer Workshop - Mental Health Awareness

RISE works in schools and colleges across Newcastle & Gateshead, to support 5-18 year olds with their emotional wellbeing and mental health.

Tuesday 7th November

9:15 - 10:15 Clover Hill Primary School

This workshop is to give parents/carers the opportunity to learn more about emotional wellbeing and mental health in young people.

Everyone experiences mental health in the way that everyone experiences physical health. By learning about emotional wellbeing, we can help young people feel they are not alone. RISE promote education and awareness about emotional wellbeing, to let young people know what they are going through is normal. Evidence suggests that early intervention and prevention are vital in supporting young people's mental health. We offer advice to help young people and their families deal with different thoughts, feelings and behaviour.

The workshop will focus on:

- **Introducing RISE in your child's school.**
- **What does the evidence suggest about mental health?**
- **Using the 5 ways to wellbeing to support positive mental health.**
- **Tips for parents/carers to support your young person.**
- **Q & A**

For more information about RISE please visit our website, You Tube channel and social media platforms



@rise.ne



@rise_mhst



www.youtube.com/@rise-ne



<https://rise.childrensociety.org.uk/>

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Why not follow us on social media for more evidence based information, tips and ideas?



←
Scan me!

Our website can tell you more about our service and has many free resources to help support your young person's mental health and wellbeing.

Scan the QR code or head to rise.childrenssociety.org.uk



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Scan me!

We have a range of self-help guides: anxiety, low mood, exam stress and self-esteem.



←
Scan me!

Check out our YouTube channel which contains helpful videos and shorts e.g. anxiety, low mood, mindfulness



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