

THE GOOD MENTAL HEALTH HANDBOOK

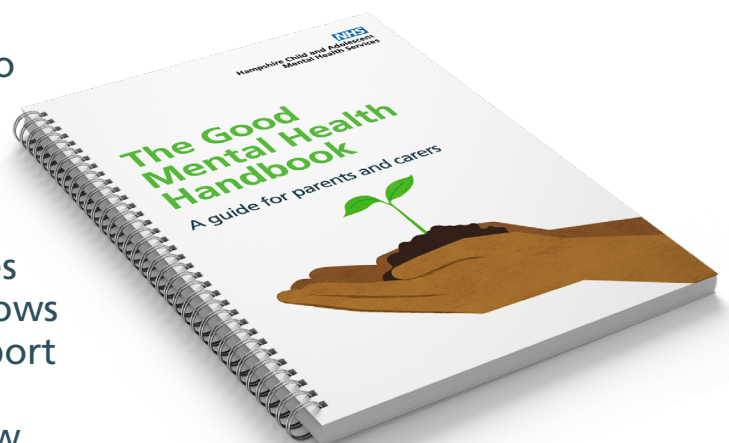
a guide for parents and carers

This Handbook is a resource that has been specifically produced to support parents and carers who are caring for a child who is struggling with their mental health.

The book is divided into two sections. The first part covers the many issues that young people may struggle with and gives advice, training, and signposting, that allows parents to directly learn how best to support their child. The second part is vital, and provides information and ideas about how they look after themselves. The handbook has links/QR codes which allows you to access videos, workshops and training films.

This handbook has everything you need in one place.

Teachers and other professionals working with young people will also find this a great resource.



For full details of prices and how to order copies use this link:
<https://hampshirecamhs-resources.co.uk/products/good-mental-health-handbook> or scan the QR code.

