

Free Online Support – Children’s Mental Health

Would you like a better understanding of children’s mental health? And how to support your child’s mental wellbeing? Do you think your son or daughter needs support with their mental health but are unsure what you can do to help? Or are you a teacher who would like an understanding of the signs that can mean a young student needs mental health support?

Join Dyslexia Sparks’ free online group for parents and carers – **Thursday 11th February, 10am to 11am** – for a special focus on children’s mental health.

Held as part of Dyslexia Sparks’ support for this February’s Children’s Mental Health Week, this free support session will be of interest to any parents/carers and teachers wanting to gain an understanding of how to support mental health for children.

Led by one of our specialist teachers and assessors Amy Appleton, and featuring external guest speakers, the session will include the following key topics for children’s mental health

- what is mental health
- signs to look out for if a child is struggling with their mental health
- how to support your child’s mental health at home
- a roundup of some of the professional support available for children’s mental health
- top tips to improve your child’s self esteem



Places are free but limited and must be booked in advance to receive the online meeting link. For further details and to book, please visit our [Eventbrite page](#) or contact us directly at nicola.markham@dyslexia-sparks.org.uk .

The special focus on children’s mental health is held as part of Dyslexia Sparks’ free, monthly online parent support group. There’s also the usual opportunities to virtually meet other parents and gain advice from our specialist team.

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