



Information for  
parents and carers



Berkshire Healthcare  
NHS Foundation Trust

# Understanding Low Mood, a Workshop for Parents of Secondary Aged Children

With the Mental Health Support Team (MHST)

This parent workshop is designed to help you:

- Understand what low mood is and how it can show up in young people's thoughts, feelings, bodies, and behaviour
- Learn about the key factors that maintain low mood
- Explore practical ways parents and carers can provide support
- Understand when and how to seek further support if your young person is struggling



Microsoft teams

Tuesday the 5<sup>th</sup> of May 12:00-13:00

Sign up

here: <https://events.teams.microsoft.com/event/03f122ca-69d9-4501-99a2-4ec8e3c106af@b5a4676b-e1c4-4c08-80a9-cf34a2d67324>



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