



**Round Hill Primary School**  
'Dream, believe, achieve together'

- ✓ Reflecting
- ✓ Daring
- ✓ Persevering
- ✓ Dreaming
- ✓ Together

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September 2023

Dear all Parents/Carers

**Re: CAMHS Parents Workshop - Thursday 28<sup>th</sup> September 2023, 9.00 a.m. to 10.00 a.m.**

On Thursday 28<sup>th</sup> September, the Nottinghamshire Mental Health Support Team (MHST), part of the Child and Adolescent Mental Health Services (CAMHS) will be in school, delivering a workshop for all parents/carers. This will be from 9.00 a.m. to 10.00 a.m. in the main school hall.

The workshop 'children's emotional health and wellbeing' will be a one-hour, interactive workshop which aims to provide an understanding of common mental health difficulties in young people. The MHST will explore common mental health difficulties such as anxiety and depression, how these might present and how you can support a young person's mental health.

If you would like to attend this event, please complete the below CAMHS Workshop Attendance Form just so that we can plan for how many parents would like to attend.

[CAMHS Workshop](#)

Yours faithfully

Mrs Humphries  
Eagles Class Teacher

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