

GET

READY

TO MAKE A DIFFERENCE

In the current climate, it is more important than ever that we support children and young people's mental health. That's why we at Solent University are teaming up with Hampshire's leading mental health charity, Solent Mind, to offer a series of free mental health workshops to support young people, their parents and carers and the education practitioners that engage with them on a daily basis.

Each 90 minute **Lets Talk: Mental Health** workshop will include information, tools and strategies to help identify potential health issues, guidance on where to get advice and support and approaches to looking after your your own mental health and wellbeing. The event will culminate in a 30-minute Q&A session with a Solent Mind specialist, a Southern Universities Network Academic Resilience practitioners and the Solent University support team.

Register: <https://gck.fm/dzffj>