

27 April 2023

Dear partner,

We would appreciate your support in helping to promote a free learning event, organised by our Sussex Partnership NHS Foundation Trust in May, which is open to all parents and carers of young people in Sussex.

The mental health workshops, all led by experienced CAMHS clinicians takes place virtually on Tuesday 16 May with three different start times; 9.30am, 12.30pm and 7pm, making it as easy as possible for people to attend, depending on their lifestyle. Parents may choose to join all three session in order to maximise workshop attendance.

The sessions will cover five workshops focusing on:

- Anxiety
- Sleep
- Managing self-harm and suicidal thoughts
- Autistic Spectrum Conditions and challenging behaviour
- Eating disorders

Parents and carers will have the choice of which workshop to attend, with recordings of any others being made available afterwards.

The session lasts 90 minutes with the opportunity to ask any questions to CAMHS clinicians. Due to anticipated high numbers of attendees any questions will need to be sent in advance.

Any family that attends will also get a digital pack of useful resources and information.

To book a ticket, please go to our Eventbrite page:

<https://www.eventbrite.com/cc/workshops-for-parents-and-carers-2113659>

Contact Sussex CAMHS Participation Lead Melissa Baitmansour (Melissa.baitmansour@spft.nhs.uk) with any questions.

Yours sincerely

Melissa Baitmansour
Participation Lead, Sussex CAMHS

www.sussexcamhs.nhs.uk

Chair: Peter Molyneux

Chief Executive: Dr Jane Padmore

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A teaching trust of Brighton and Sussex Medical School

