

# Starting Conversations: Young People's Mental Health



**Wednesday 24th March  
11:00am-12:30pm  
or 7:00-8:30pm  
Free and on Zoom**

Are you unsure how to talk with a child or young person about their mental health?

This free webinar with experts from local children & young people's mental health services will talk you through starting these important conversations and accessing local support.

You can attend anonymously at the best time slot for you.

Book your place online:  
[bit.ly/Starting-Conversations](https://bit.ly/Starting-Conversations)