

# Teenage Mental Health

Tuesday 20th August 2019



East London  
NHS Foundation Trust

**This is the sixth and final session of the Child & Adolescent Emotional Wellbeing Programme which is being run by Bedfordshire CAMHS**

**Please note that these sessions are for parents & carers only**

**When:** Tuesday 20th August 2019

**Time:** 6—8pm (arrival from 5.45pm)

**Where:** King's House, Bedford, 245 Ampthill Road, Bedford, England, MK42 9AZ

**In this session we will look at general teenage mental health which includes the teenage brain, teenage behaviour and other elements we often come across when working with teenagers**

**This is the final session in the programme but we will be running these session again so please keep an eye out for the posters which will include dates and venues—they will be released soon!**

## How can I book tickets?

Tickets are free and are available online from [www.eventbrite.co.uk](http://www.eventbrite.co.uk) by searching for 'child and adolescent wellbeing'

You can also scan the QR code on your smartphone for access to the website



## Information for Professionals

We have availability for a limited number of professionals to attend this session, if you are interested then please contact the office on 01234 310800/01234 893301 and ask for Kirsty Sharp or Sue Hollingsworth to book with them directly

Please let the receptionist know that you are calling regarding tickets for the event, this is to ensure you are passed to the right person!