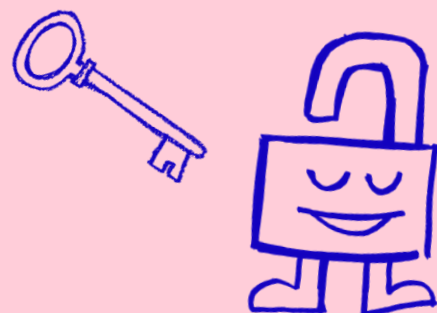


Are you caring for young people in the Manhood Peninsula?

If so, we're offering **three free virtual training sessions**
– here's everything you need to know!

Understanding Young People's Mental Health (16-25) for Parents and Carers

Wednesday 15 July 2026, 18:00-20:30



Talking to Young People about Mental Health for Parents and Carers

Thursday 19 November 2026, 18:00 - 20:00



Suicide Prevention e-Learning

A self-paced learning programme for parents and carers

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Or contact the West Sussex Mind Training team for more information:

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