

RURAL REACH



Understanding & strategies
to support young people's
mental health

Tickets £5
Tea and
coffee
included

**The day will cover 5 individual sessions
suitable for parents, carers and professionals.**

- Understanding adolescent mental health
- Anxiety
- Low Mood
- Emotionally based school avoidance
- 8 skills to support a young person

Discretionary tickets available to families on request.

21 October 2026 9.30am - 4.30pm

New Milton Rugby Club, Normans Way,
Ashley, New Milton, BH25 5FN



For more information scan the QR code or visit:

<https://hampshirecamhs.nhs.uk/events/>