

# RURAL REACH



Understanding & strategies  
to support young people's  
mental health

**FREE**  
Funded by  
WBCT

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

**22 September 2026 9.30am - 4.30pm**

Community Station, Camp Road,  
Bordon, GU35 0ND



For more information scan the QR code or visit:

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