

**WHAT'S
ON YOUR
MIND TODAY?**

**What to have
for lunch?**

**Did I leave
my phone at
home?**

**How do I tell
Sarah's parents
I think she
self-harms???**

**IF YOU'RE A PROFESSIONAL WHO'S
WORRIED ABOUT A CHILD'S EMOTIONAL
WELLBEING YOU CAN NOW ACCESS THESE
FREE TRAINING COURSES:**

SUFFOLK'S NEEDS MET

3.5-hour workshop for professionals or anyone who wants to know about what it means to be emotionally healthy - why it's important to spot the risks to mental health, and find solutions.

MENTAL HEALTH FIRST AID

2-day workshop to help professionals identify early stages of a mental health problem, common symptoms and how to step in and guide young people towards the support they need.