

Spot the Signs and Emotional Wellbeing bitesize videos for parents/carers and families

- Introduction to Mental Health
- Five Ways to Wellbeing
- Emotional Wellbeing and Coping Strategies

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Hertfordshire Mind Network's Spot the Signs & Emotional Wellbeing project offers a fully-funded programme of training and workshops to children and young people (CYP), CYP's parents/carers and professionals working with CYP.

Our bitesize mental health and emotional wellbeing videos have been created especially for parents/carers and families to improve understanding and gain confidence in talking about mental health and emotions with children and young people.

For further support or for more information about the Spot the Signs and Emotional Wellbeing project, please email Jess Whittaker – jessica.whittaker@hertsmindnetwork.org