

Young Minds Matter Online Training - For Parents/Carers

YMM are offering training for parents and carers, which is as always aiming to help increase understanding of mental health issues and build confidence in supporting their own children in the family home.

YMM currently have online sessions for:

- What is Mental Health?
- Anxiety
- Low mood/Depression
- Self –Harm
- Social Anxiety
- ADHD
- Autism
- Health anxiety

All of YMM training is accessed via the Young Minds Matter website: <https://www.lpft.nhs.uk/young-people/north-east-lincolnshire/home>.