

Welcome to

# Lewisham CAMHS Workshop

Monthly Interactive Session With Our Clinicians

**Date: Every first Tuesday of each month**

**Time: 10 a.m. to 11:30 a.m.**

**Location: Online**

Please follow this link or scan the QR code to register:

[Welcome To Lewisham CAMHS: Monthly Interactive Session With Our Clinicians](#)

**Note: the session is currently delivered in English only**



### The session will cover:

An introduction to mental health and structure of CAMHS

Anxiety and low mood

Coping with intense emotions

Wellbeing Tips

Parental wellbeing

Navigating your journey through CAMHS with MyHealthE

Additional resources

FAQ/Q&A

