

29 September 2023

Dear partner,

We would appreciate your support in helping to promote a programme of workshops, organised by Sussex Partnership NHS Foundation Trust, which are open to all parents and carers of young people in Sussex.

The mental health workshops, all led by experienced CAMHS clinicians will take place virtually between October 2023 and July 2024. Each webinar will be available at two different times, once during the day (10am) and once in the evening (7pm) to make it as easy as possible for people to attend, depending on their lifestyle.

The following topics for the workshops have been confirmed for October 2023 to January 2024:

19 <sup>th</sup> October 2023	Attention Deficit Hyperactivity Disorder (ADHD)
8 <sup>th</sup> November 2023	Building Self-Esteem and Resilience
13 <sup>th</sup> December 2023	Depression
17 <sup>th</sup> January 2024	Obsessive Compulsive Disorder (OCD)

Parents and carers will have the choice of which workshop to attend, with recordings of any others being made available afterwards.

The sessions last for 90-120 minutes with the opportunity to ask any questions to CAMHS clinicians. Due to anticipated high numbers of attendees, any questions will need to be sent in advance.

To book a ticket, please go to our Ticketlab page: [Sussex CAMHS Parent/Carer Webinars | TICKETLAB](#)

Contact Sussex CAMHS Participation Team ([CAMHSParticipationTeam@spft.nhs.uk](mailto:CAMHSParticipationTeam@spft.nhs.uk)) with any questions.

Yours sincerely

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