

Children & Young People's Health and Wellbeing Bulletin #4

4th November 2020



Mental Health and Emotional Wellbeing

- Compass GO... works with pupils, families and educational staff to help children and young people aged between 5-18 years to manage their feelings, behaviours, thoughts, sensations so that they can better engage with their learning and education.
- We are providing free a webinar for parents/carers in NEL which aims to support parents/carers to support their child or young person's mental health and emotional wellbeing during these unprecedented and often confusing times by providing information, advice and practical strategies.
- To register for our free webinar please visit: <https://www.compass-uk.org/compass-go-webinars/>