



# Listen Up! Building Support Networks

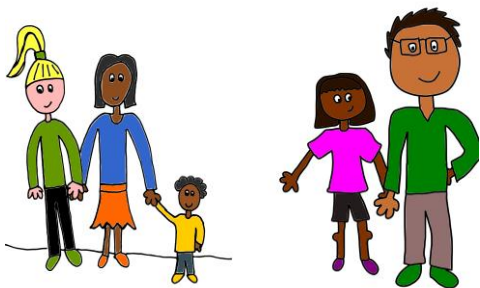
Online event for children, young people & families to share ideas & views about mental health and wellbeing support  
Thursday 28th January 6-8pm (virtual)



- Hello & welcome
- **Recap** – we will briefly summarise what was discussed at the last event.
- **Fixing the things that are ‘pants’** – you will find out what we’re doing to improve things based on what you told us last time.

- Break 

- **Support networks** – an opportunity to build on some of your ideas about community support, drop ins and peer support.
- Questions
- Next steps, feedback & Thank you



To book on to this event or for more information please email [cwp.adminmhst@nhs.net](mailto:cwp.adminmhst@nhs.net)