

# PARENT MENTAL HEALTH DAY

## SATURDAY 27TH JANUARY 2024



## What is Parent Mental Health Day?

Parent Mental Health Day 2024 is an opportunity for parents and carers to acknowledge and discuss their struggles and share in their achievements of connecting positively with each other and the whole family, and to learn ways to connect positively to maximise young people's mental health.



## Factors which may impact parental mental health

The Cost of Living Crisis, which so closely followed the pandemic, and increased concerns about digital harms, rising rates of mental ill health and the impact of stretched services have further increased parent and carer anxiety and, in some cases, helplessness and hopelessness.

## For Parent & Carers

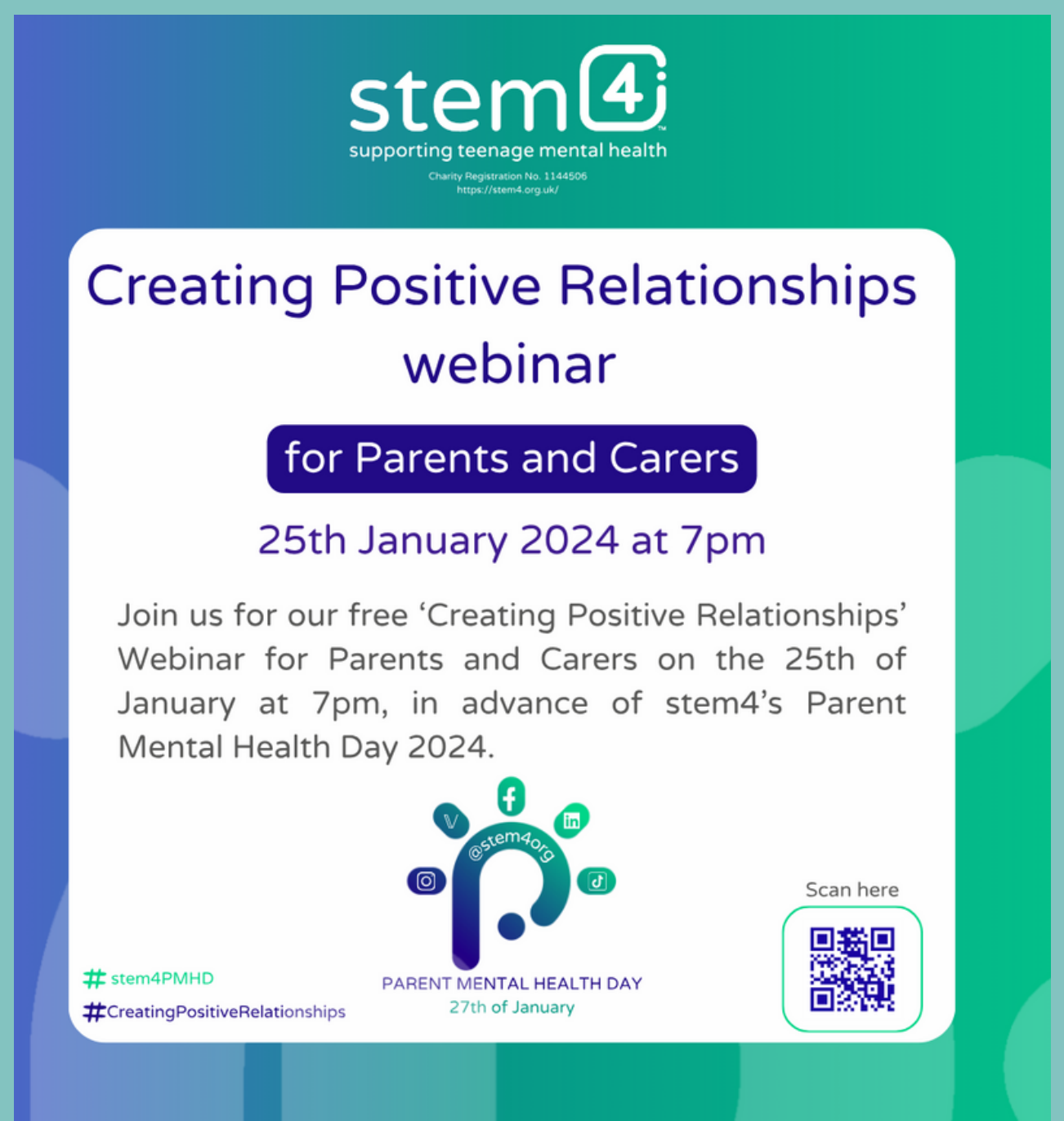
To boost your relationships this Parent Mental Health Day we are encouraging you to take time to **Connect, Play, & Reset** with the aim to create positive relationships at home.



### Parent Mental Health Day

Parent Mental Health Day (PMHD) on 27th January is an awareness day that encourages understanding and awareness of mental health in parents.

stem4



## Creating Positive Relationships webinar

for Parents and Carers

25th January 2024 at 7pm

Join us for our free 'Creating Positive Relationships' Webinar for Parents and Carers on the 25th of January at 7pm, in advance of stem4's Parent Mental Health Day 2024.



#stem4PMHD  
#CreatingPositiveRelationships

PARENT MENTAL HEALTH DAY  
27th of January

Scan here



#PMHD2024

For more resources: <https://stem4.org.uk/parentmentalhealthday/>