

MHST Webinars

Adolescent Low Mood

Provided by Bexley Mental Health support team

What is low mood and how does it affect me?

Behavioural Activation

The Importance of Routines and Values

Turning Values into Activities

Introduction to Rumination

Problem Solving

Date: 17th June 2026

Time: 6-7pm

Follow link to sign up:

<https://www.eventbrite.co.uk/e/adolescent-low-mood-a-mhst-webinar-tickets-1990867181332?aff=oddtcreator>