Making Sense of Children's and Young People's Mental Health



Saturday 25th September 2027
9.30 am – 1.00 pm
(Coffee available from 9.00 am)
at
Godalming Baptist Church,
Queen Street, Godalming,
Surrey GU7 1BA

- ***Understanding Mental Health: What is it?***
- ***What impacts our mental health?***
- ***Thinking about key issues for children and young people (school, parenting, academic pressure, friendships, bullying and social media)***
- ***How to support Children and Young People-when things get tough, how do we respond?***

Led by : Dr Liz Beckingham and Dr Ellie Atkins

Dr Liz Beckingham is a Clinical Psychologist with additional training in family therapy, and works in the NHS supporting children, young people and families who are struggling. She works privately at Headspace Guildford, on the therapy and autism assessment pathways.

Dr Ellia Atkins is a Consultant Clinical Psychologist and Lead Psychologist for Neonatal Care in London. She runs a private practice, Headspace Guildford, which she set up in 2011, and supports children, youngsters and families who are struggling with their mental health and wellbeing. She offers autism assessments, and has written a book on 'Coping with Parenting When Your Child is Neurodivergent',published in July 2026.

Please reserve a place, with payment of £25, by contacting Sally Pollard by *Saturday 1st May 2027.*
email: pollard3@hotmail.co.uk, Tel: 01483 428646