

PROFESSIONAL MINDS IS PROUD TO PRESENT

SLEEP STRUGGLES



# MENTAL HEALTH MATTERS

GLOBAL MENTAL HEALTH CRISIS  
**IN KIDS**

BODY DYSMORPHIA



ANXIETY & DEPRESSION



EMOTIONAL REGULATION



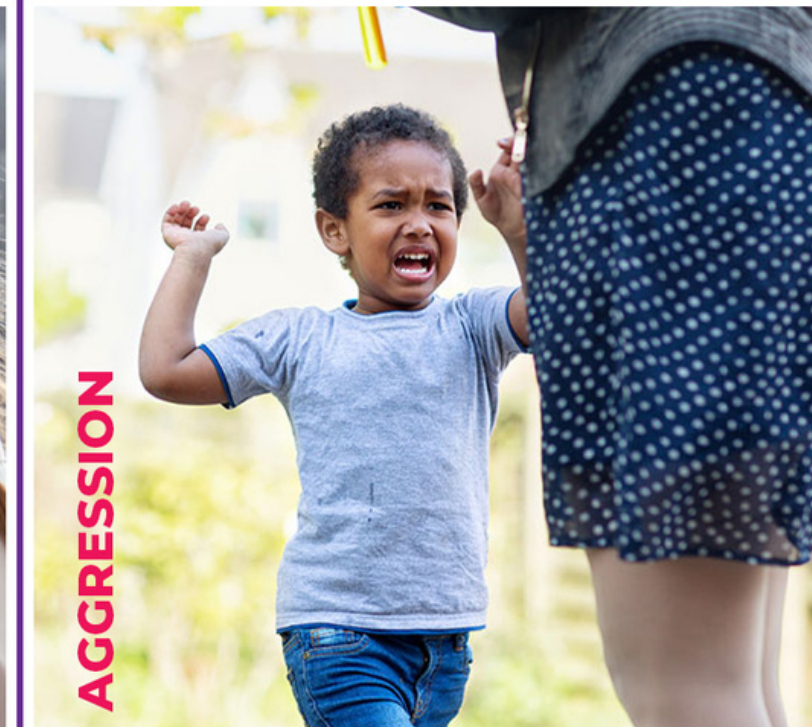
EATING DISORDERS



SELF WORTH & SELF ESTEEM



AGGRESSION



19th May 2024  
- Johannesburg

CPD ACCREDITED

26th May 2024  
- Cape Town

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