



HARINGEY GEMHS

NHS

North London
NHS Foundation Trust

How much is
too much
screen time?



Age-appropriate
limits?

Appropriate
consequences?



Healthy screen use?

Worries about
gaming?

Enforcing
boundaries?

SCREEN TIME WORKSHOP-

Join us, GEMHS (Guided Emotional and
Mental Health Support) Team for an
informative session and advice.

SCAN QR CODE TO
REGISTER



Date: Friday 7th November

Time: 9:30-10:30

Where: St John Vianney Hall

