



Secondary Parent/Carer Workshops

Mental Health Support Team (MHST) Children's emotional health and wellbeing workshop for parents and carers (secondary age)

This one-hour interactive workshop aims to provide parents and carers with an understanding of common mental health difficulties in young people. We will explore common mental health difficulties such as anxiety and depression, and how these might present in school and at home. We will also explore how you can support a young person's mental health and what the MHST may be able to offer.

This MS Teams workshop will be offered three times throughout the academic year, giving parents multiple opportunities to attend. The dates are below.

22nd November 2023 **time 6-7 pm**
16th January 2024 **time 6-7 pm**
25th April 2024 **time 6-7 pm**

Mental Health Support Team (MHST) Understanding Your Teen

This 1.5-hour workshop aims to help parents and carers navigate the challenges they face as a parent of a teenager and help them realise that they are not alone! This workshop will give information, advice, and reassurance around teenage psychological development, risk taking with teenagers, and communication and brain changes.

This MS Teams workshop will be offered three times throughout the academic year, giving parents multiple opportunities to attend. The dates are below.

30th November 2023 **time 6-7.30 pm**
21st February 2024 **time 6-7.30 pm**
21st May 2024 **time 6-7.30 pm**

Mental Health Support Team (MHST) Self Harm: Information Session

This is a 1-1.5-hour informal workshop teaching parents and carers about self-harm, the signs to look out for, and helpful strategies to use in supporting young people.

This MS Teams workshop will be offered three times throughout the academic year, giving parents multiple opportunities to attend. The dates are below.

12th December 2023 **time 6-7.30 pm**
5th March 2024 **time 6-7.30 pm**
11th July 2024 **time 6-7.30 pm**

If parents and carers feel they would like to attend any of these workshops, please advise your child's school so that the relevant MS Teams link can be sent.