

Mental Health Support Team

Online Parent/Carer Workshop

What is it?

It is an hour long workshop aimed at parents & carers to understand your child, and gain some tips and tricks to use at home.

There are 2 topics this month:

INTRODUCTION TO ANXIETY



Monday
12pm-1pm

Gain an understanding of anxiety, how it may impact your child and learn some strategies to use at home

UNDERSTANDING EMOTIONS: TOOLS TO THRIVE



Wednesday
12pm-1pm

To learn about the function of emotions, what can impact children's ability to manage emotions and gain some tools to support your child at home.

What happens next? You will receive an email with options and instructions.

Topics of workshops change termly

To sign up, please
complete a registration
form here:



[MHST Online Session](#)



The Mental Health Support Teams (MHST) is a partnership between Off the Record (OTR) and CAMHS. MHSTs were established to support schools, helping them develop ways to look after the mental health and wellbeing of children and young people (CYP) as well as the wider school community including school staff and parents/carers. To find out where we work, check out our webpage:

<https://www.awp.nhs.uk/camhs/camhs-services/mh-schools/mental-health-support-team-mhst-2>

This leaflet is also available in other languages. Please contact us for more information.

