

## Supporting young people's mental health Parent/Carer workshops November - December 2022

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are live and 60 minutes long.

### **Top Tips for Managing Exam Stress for Young People and Parents**

A workshop for parents and young people to provide guidance around exam season

14 November – 13:00 [Book a place](#)

14 November – 18:00 [Book a place](#)

### **Supporting our Young People with Self-Harm**

This workshop aims to develop parents' understanding of self-harm and will cover: "What is self-harm?", "Why does self-harm happen?", and "What can I do to help?".

15 November – 18:00 [Book a place](#)

### **Supporting our Young People with Anxiety**

For parents to understand anxiety and how to support their child with worry

15 November – 19:15 [Book a place](#)

### **Supporting our Children and Adolescents who have experienced Trauma**

This workshop is for parents and carers of young people who have experienced trauma.

12 December – 13:00 [Book a place](#)

12 December – 18:00 [Book a place](#)

### **Supporting our Young People with Eating Difficulties/Disorders**

A workshop for parents to help them look out for and understand what to do if their child is struggling with eating

13 December – 18:00 [Book a place](#)

**Scan the QR code to find out more and book a place on a workshop or visit [www.eventbrite.co.uk](http://www.eventbrite.co.uk) and search for Psychology in Schools Team - NSFT**

